PRECOR® USA
move beyond®

Commercial Treadmill Owner's Manual

C954i
C956i

COMMERCIAL PRODUCTS DIVISION

IMPORTANT SAFETY INSTRUCTIONS

When using the C956i or C954i treadmill, always follow basic precautions, including the following:

- **To ensure your safety and to protect the unit, read all the instructions before assembling and using the treadmill.**
- **To ensure the proper use and safety of the treadmill, make sure that all users read this manual. Please make this manual a part of your club's training program. Remind the club users that before beginning any fitness program, they should obtain complete physical examinations from their physicians.**

Il est conseillé de subir un examen médical complet avant d'entre-prendre tout programme d'exercise. Si vous avez des étourdissements ou des faiblesses, arrêtez les exercices immédiatement.

DANGER — **To reduce the risk of electrical shock, always unplug the unit from its power source before cleaning or performing any maintenance tasks.**

WARNING — **To reduce the risk of burns, fire, electric shock, or injury to persons, take the following precautions:**

- **Do not allow children or those unfamiliar with its operation on or near the treadmill. Do not leave children unsupervised around the treadmill.**
- **Never leave the treadmill unattended. Unplug the unit from the power outlet when it is not in use, before cleaning it, and before putting on or taking off parts. Do not adjust the running belt when someone is standing on the unit.**
- **Assemble and operate the treadmill on a solid, level surface. Locate the treadmill a few feet from walls or furniture. Check the unit before each use and verify that all fasteners are secure. Maintain the treadmill in good working condition.**
- **Use the treadmill only for its intended use as described in this manual. Do not use accessory attachments that are not recommended by the manufacturer; such attachments might cause injuries.**
- **If you purchased the optional POLAR® chest strap, review the guidelines found in the *Precor Heart Rate Option Owner's Manual* that is supplied with that option.**
- **Never operate the unit if it is damaged, if it is not working properly, if it has been dropped, or if it has been dropped in water. Return the unit to a service center for examination and repair.**
- **Keep all electrical components such as the motor, power cord, and I/O switch, away from liquids to prevent shock. Do not set anything on the handrail, display console, or hood. Place liquids, magazines and books in the appropriate receptacles.**
- **Keep the power cord away from heated surfaces.**
- **Do not operate the treadmill where aerosol (spray) products are being used or where oxygen is being administered.**
- **Do not use outdoors.**
- **The security clip must be attached at waist level prior to beginning a workout. A cord connects the security clip to the red STOP button on the console. If a user encounters difficulties, a strong tug on the security cord or a quick tap on the red STOP button will stop the running belt.**
- **Use care when getting on or off the treadmill. Use the stationary handrail whenever possible. Place your feet firmly on the right and left side platforms before the running belt begins moving (prior to a workout). Step onto the running belt when the speed is at or below 1 mph (1.6 kph).**

IMPORTANT SAFETY INSTRUCTIONS

- **Never step off the treadmill while the running belt is moving. Keep your body and head facing forward. Never attempt to turn around on the treadmill.**
- **Never turn ON the treadmill when someone is standing on the machine.**
- **Never block the air openings on the hood while operating the treadmill. Keep the air openings clean and free of lint, hair, or anything that might impeded the free flow of air. Never drop or insert objects into any opening.**
- **Wear proper exercise clothing and shoes during a workout—no loose clothing. Tie long hair back. Keep all loose towels away from the running surface. The running belt will not stop immediately if an object becomes caught in the belt or rollers.**
- **Do not rock the unit. Do not stand on the display console or hood.**
- **Do not overexert yourself or work to exhaustion. If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.**

SAFETY APPROVAL

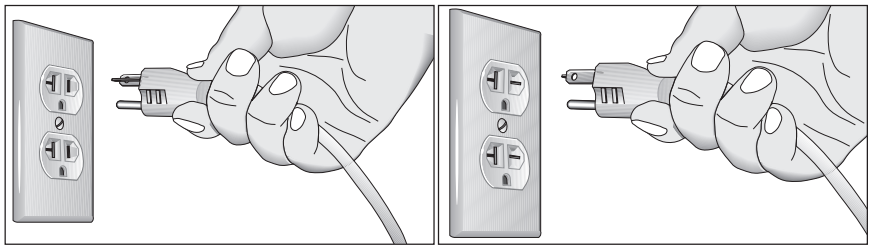
When identified with the ETL-c logo, the treadmill has been tested and conforms to the requirements of CAN/CSA-E-335-1/3-94, Safety of Household and Similar Electrical Appliances.

GROUNDING INSTRUCTIONS

The C956i or C954i treadmill must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current which reduces the risk of electrical shock. The C956i or C954i treadmill is equipped with a power cord having an equipment-grounding conductor and a grounding plug. The plug must be inserted into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. If you do not follow these *Grounding Instructions*, you could void the Precor limited warranty.

DANGER — **Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or service person if you are in doubt as to whether the treadmill is properly grounded. Do not modify the plug provided with the treadmill. If it doesn't fit the outlet, get a proper outlet installed by a qualified technician.**

Diagram 1
Correct power outlet for U.S. Markets: 120-volt and 240-volt plugs.



120-volt grounding plug **240-volt grounding plug**

120V Units and 240V Units Designated for U.S. Markets

The C956i or C954i treadmill must be connected to a dedicated, grounded circuit. A 20 amp dedicated circuit is recommended. The treadmill is factory-equipped with a specific power supply cord to permit connection to a proper electric circuit as shown in Diagram 1. Make sure that the treadmill is connected to an outlet having the same configurations as the plug. No adapter should be used with this product.

SAVE THESE INSTRUCTIONS

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RADIO FREQUENCY INTERFERENCE (RFI)

Federal Communications Commission Part 15

The treadmill has been tested and found to comply with:

- The IEC EMC Directive (international electromagnetic compatibility certification)
- The limits for a Class A digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a commercial installation. The treadmill generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the owner's manual instructions, may cause harmful interference to radio communications. Operation of the treadmill in a residential area is likely to cause harmful interference. If this occurs, the user will be required to correct the interference at his or her own expense.

CAUTION — **Per FCC rules, changes or modifications to the treadmill not expressly approved by Precor, could void the user's authority to operate the equipment.**

Canadian Department of Communications

This digital apparatus does not exceed the Class A limits for radio noise emissions from digital apparatus set out in the Radio Interference Regulations of the Canadian Department of Communications.

Le présent appareil numérique n'émet pas de bruits radioéélectriques dépassant les limites applicables aux appareils numériques de la Class A prescrites dans le Règlement sur le brouillage radioélectrique édicté par le ministére des Communications du Canada.

EUROPEAN APPLICATIONS

This product conforms to the requirements of the European Council Directive 89/336/EEC, *Electromagnetic Compatibility* and has been tested to the following standards:

EN55022, Limits & Methods of Measurement of Radio Interference, Information Technology Equipment (Class A). Per the standard, the treadmill is a Class A product. In a domestic environment, this product may cause radio interference, in which case the user is responsible to take adequate measures to alleviate the interference.

EN50082-1, Generic Immunity Standard for Residential, Commercial and Light Industrial Products (Class A).

This product additionally conforms to the requirements of the European Council Directive 73/23/EEC, *Low Voltage Directive* and has been tested to the following standard:

IEC 335-1, Safety of Household and similar Electrical Appliances.

OBTAINING SERVICE

Do not attempt to service the treadmill yourself except for the maintenance tasks described in this manual. The treadmill does not contain any user-serviceable parts. For information about product operation or service, visit the Precor Web Site at www.precor.com or contact an authorized Precor Commercial Products Customer Support Representative at 1-888-665-4404.

To help customer support personnel expedite your call, have your serial number available. The serial number can be found on the shipping container or on the label near the power receptacle. If you have any questions regarding the treadmill, use the model and serial numbers whenever you call a Precor dealer or Commercial Products Customer Support Representative.

Model number: **C956i or C954i**

Unit number: _____ Serial number: _____

Unit number: _____ Serial number: _____

Unit number: _____ Serial number: _____

ABOUT THIS MANUAL

This manual includes instructions for installing and using the treadmill. To maximize the use of the treadmill, please study this manual thoroughly. The manual uses the following conventions for identifying special information:

Note: Contains additional information.

Important: *Indicates information to which you should pay special attention.*

CAUTION: Indicates steps or information necessary to prevent harm to yourself or damage to the equipment.

WARNING: Provides instructions to prevent electrical damage to the equipment and injuries to yourself.

DANGER: Indicates steps you must take to prevent electrical shock.

Unpacking the Treadmill

Thank you for purchasing the Precor C956i or C954i treadmill. Built to the exacting standards of the health club environment, the treadmill is intended for commercial use and can withstand the rigors of daily club use with little maintenance.

Important: *Before using the treadmill, we urge you to familiarize yourself and your staff with the entire Owner's Manual. Understanding this manual will help you and your customers use the treadmill safely and successfully.*

CAUTION: This unit weighs over 350 pounds (158 kilograms). To prevent injury to yourself or damage to the equipment, obtain appropriate assistance before removing the unit from the pallet.

The treadmill is carefully inspected before shipment so it should arrive in good operating condition. Precor ships the unit in the following pieces:

- ❑ Base frame assembly with hood
- ❑ Two upright supports
- ❑ Display console with cable
- ❑ Two handrails (left and right)
- ❑ Hardware kit
- ❑ Owner's Manual

If any items are missing, refer to *Obtaining Service* on page 7.

STANDARD EQUIPMENT

The treadmill incorporates the Precor SmartRate® and Heart Rate features into its display console. Devices, such as FitLinxx®, that are CSAFE compatible, can also be attached.

The Precor "touch" heart rate is standard on the C956i and provides electrode strips, called "grips," on the center handrail. When a user grasps the metal-portion of the center handrail, a heart rate is transmitted to the receiver.

Note: If a user does not wish to use the touch-sensitive hand grips, an optional POLAR® chest strap can be purchased and worn. The chest strap transmits the user's heart rate and it appears as a number in the HEART RATE display.

Important: *The Precor "touch" heart rate is not available on the C954i treadmill, but the SmartRate® and heart rate features will appear on the display if the user wears the optional POLAR® chest strap.*

OTHER EQUIPMENT

Optional equipment available through your dealer includes:

- POLAR® chest strap.
- Long handrails.

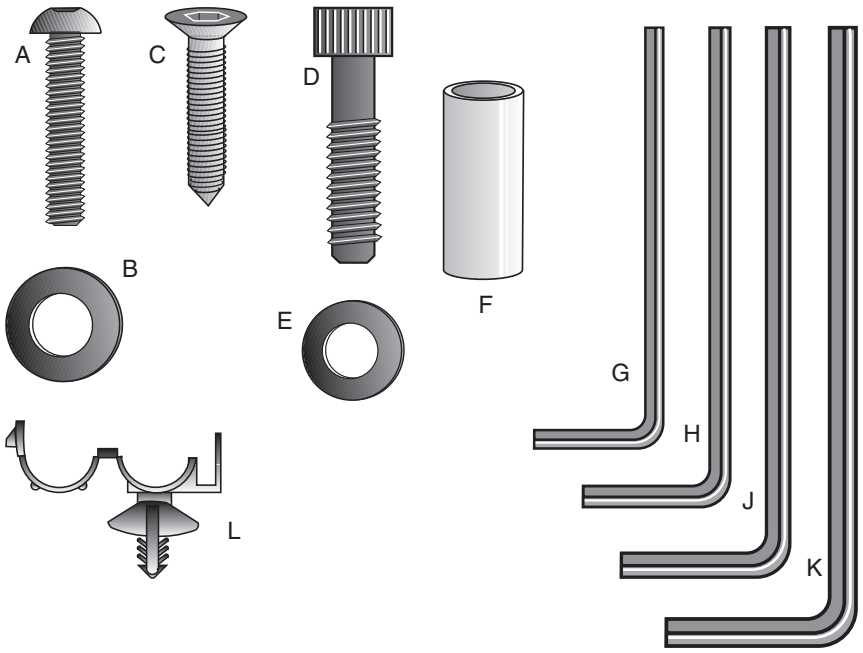
If you are interested in obtaining Precor option kits for your unit, check with your dealer. For customer support, see *Obtaining Service* on page 7.

HARDWARE KIT

After unpacking the treadmill, open the hardware kit and make sure that you have the following items shown in Diagram 2.

- ❑ (A) twelve 1-inch buttonhead hex screws
- ❑ (B) sixteen stainless steel washers — place on 1-inch screws
- ❑ (C) four ⅝-inch flat head hex screws — attach to upper handrails
- ❑ (D) four 3½-inch socket head screws — install upright supports
- ❑ (E) four black washers — fasteners for upright supports
- ❑ (F) four barrel spacers — place on 3½-inch socket head screws after washers
- ❑ (G) 5⁄32-inch hex key — attach handrails to display frame
- ❑ (H) 3⁄16-inch hex key — attach hood, mount upright supports, attach display and handrails to base frame
- ❑ (J) ¼-inch hex key — attach upright supports to base mounting brackets
- ❑ (K) 5⁄16-inch hex key — adjust running belt
- ❑ (L) six cord clips

Diagram 2 *Hardware kit (not shown to scale).*



Note: After assembling the treadmill, be sure to store the hex keys in a secure place. The tools are used for specific maintenance procedures that are described in this manual.

Setting Up the Treadmill

You do not need any special knowledge or experience to set up the treadmill. However, because of its size and weight, you will need to obtain assistance.

INSTALLATION REQUIREMENTS

Follow these installation requirements when installing the treadmill. *If you do not install the treadmill according to the following guidelines, you could void the Precor limited warranty.*

- **Set up the treadmill on a solid, flat surface**. Unpack and assemble the treadmill close to where you plan to use it. Make sure that the flat surface under the unit is smooth and level. A level unit is required for the user's safety and proper operation.
- **Provide ample space around the unit**. Open space around the unit makes for a safer mount and dismount.
- **Fill out and mail the limited warranty card**. The serial number can be found on the shipping container or on the label near the power receptacle. Write the serial number onto the Precor limited warranty card found on the back cover of this manual and in the *Obtaining Service* section on page 7.
- **Use the appropriate voltage, dedicated circuit, and grounding as specified on the treadmill.** The treadmill is available in both 120-volt and 240-volt models. Refer to the treadmill's identification label to determine the voltage that your treadmill requires. Both the 120-volt and 240-volt models require a **dedicated** circuit. A 20 amp circuit is recommended.

  CAUTION: Do not use a non-grounded outlet or transformer. Do not remove or otherwise bypass the plug with an adapter. Electrical damage can occur and void the Precor limited warranty if the treadmill is connected to an improper power source. Refer to *Grounding Instructions* on page 3.

ADDITIONAL TOOLS NEEDED

Obtain the following tools *before* assembling the treadmill.

- ❑ Wire cutter
- ❑ Bubble level
- ❑ Medium weight string
- ❑ ½-inch box end wrench
- ❑ SAE standard socket set with a ratchet or 8-inch crescent wrench

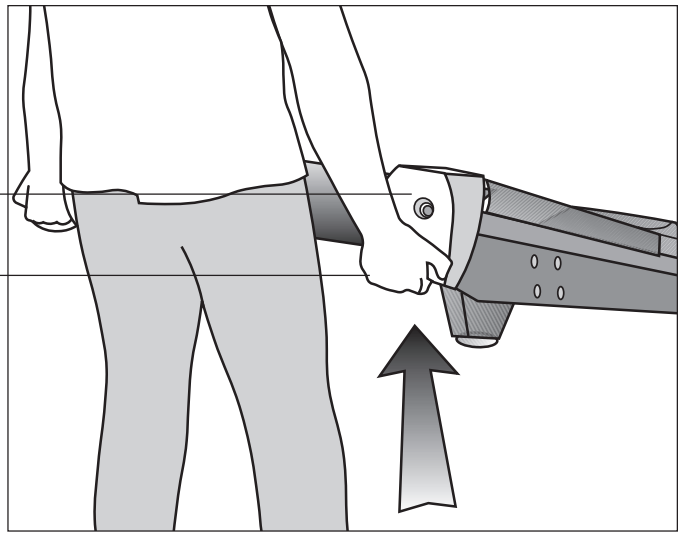
ASSEMBLY INSTRUCTIONS

Take the following steps to assemble the treadmill.

CAUTION: To avoid injury and ensure your safety, get assistance before moving the treadmill off the pallet. Do not drop the unit.

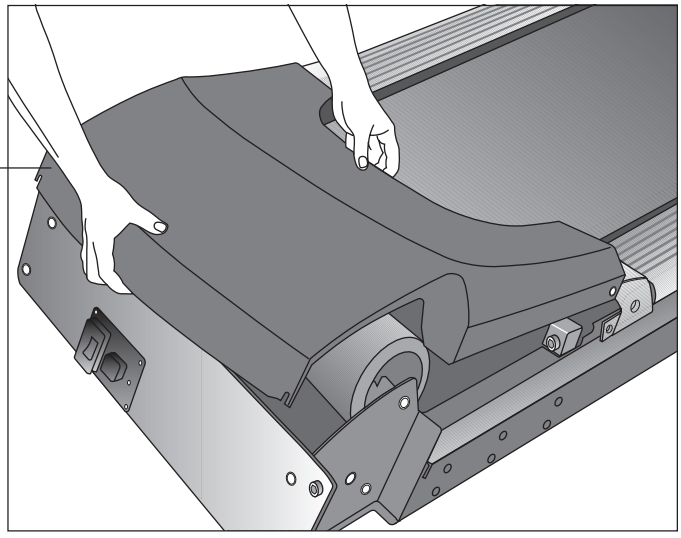
1. **Think about the site and location**. Have your assistants help place the shipping carton close to the location where you plan to use the treadmill. Break down the side walls of the shipping carton so that they lie flat. Remove the loose contents.
2. **Make sure that the power switch is OFF**. Check the ON/OFF power switch on the front of the treadmill. Place the switch in the O (OFF) position. Make sure that the treadmill is not plugged into a power source.

Diagram 3 *Lift the rear of the unit and roll it to its assembly location.*



3. **Move the treadmill**. Diagram 3. Grasp the hand holds inside the rear end caps and use proper lifting techniques to lift the rear end so that you can roll the treadmill on its front wheels. To avoid injury to yourself or damage to the unit, ask for help in maneuvering the treadmill.

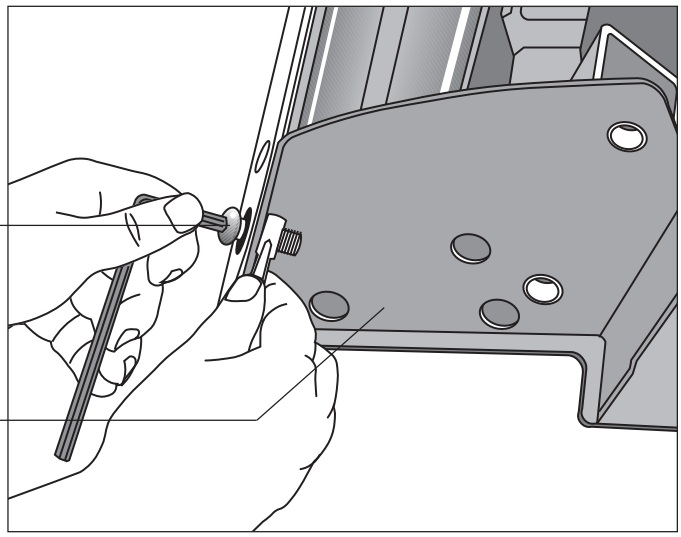
Diagram 4 *Remove the hood.*



4. **Remove the hood.** Diagram 4. Gently, lift the hood off the treadmill and set it aside.

Diagram 5

Remove the shipping fasteners from the left side front panel.

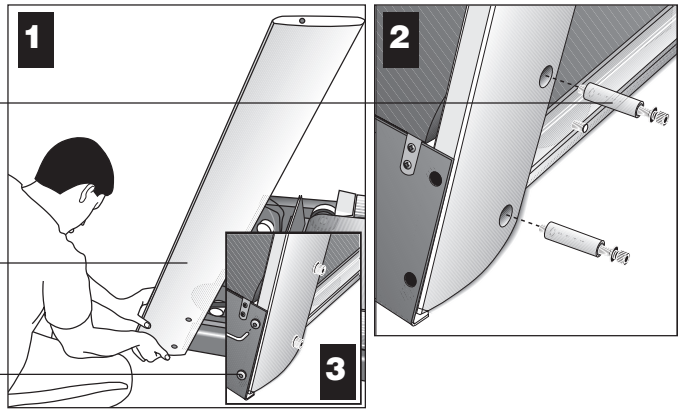


5. **Attach the left side upright support.** Diagram 5. Take the following steps.

   a. Remove the shipping fasteners from the front panel. With the supplied hex key and a ½-inch box end wrench, loosen and remove the two bolts and nuts on the left side of the front panel. These fasteners hold the front panel in place during shipping. (The front panel will drop slightly when you remove the fasteners.) Discard the nuts, but keep the bolts.

Diagram 6

Secure the left upright support.

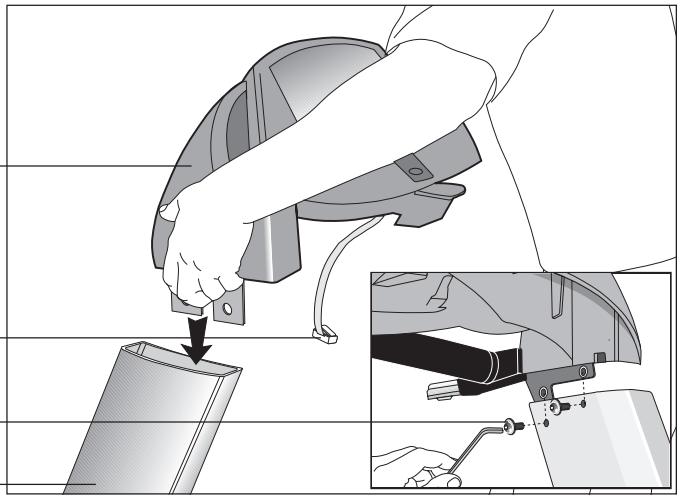


   b. Attach the left upright support by placing it inside the base mount and aligning the mounting holes. Obtain two long sockethead screws (D), washers (E) and barrel spacers (F) from the Hardware kit. Place a washer and barrel sleeve on each screw and insert the fasteners through the side of the upright support and into the base mounts. Use the ¼-inch hex key to secure the screws, but leave room for adjustments. See Diagram 6, #1 and #2.

   c. Remove two stainless steel washers (B) from the Hardware kit and place a washer on each of the two shipping fasteners. Reinsert the two shipping fasteners removed in step 5a, and finger tighten. See Diagram 6, #3.

Diagram 7

Attach the display console to the left upright support.

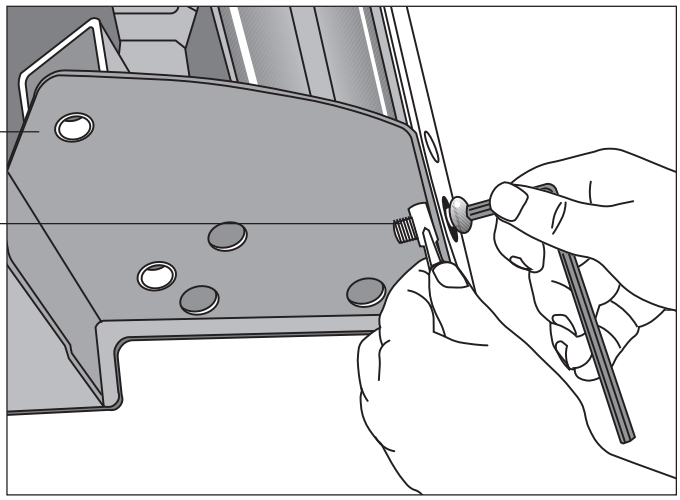


CAUTION: To avoid damage to the display cable, read the following steps carefully. Damage to the cable due to improper assembly is not covered by the Precor limited warranty.

6. **Secure the display console to the left upright support.** Diagram 7. Remove any tape or wire ties that secure the display cable. Unwrap the cable to remove kinks. Ask an assistant to hold the display console in place while you attach it to the left upright support using two buttonhead screws (A) with washer (B). Finger tighten.

Diagram 8

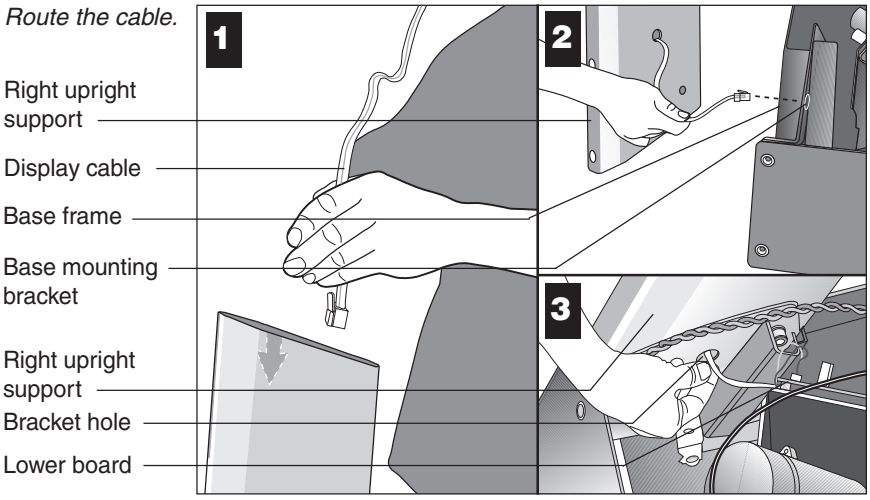
Remove right side front panel screws.



7. **Prepare to attach the right side upright.** Diagram 8. Take the following steps:

   a. Remove the shipping fasteners from the right front panel. Follow the same process as in step 5a. With the supplied hex key and a ½-inch box end wrench, loosen and remove the two bolts and nuts on the right side of the front panel.

Diagram 9 *Route the cable.*

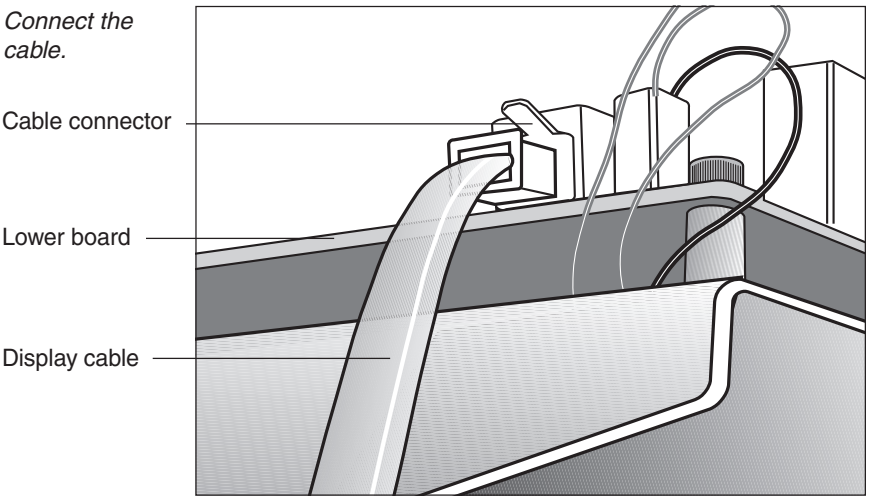


b. Route the display cable through the right upright support. Ask an assistant to hold the upright support close to the right side mounting bracket. Route the cable through the upright support (see Diagram 9, #1) and pull it out of the large hole on the side of the support near its base. Diagram 9, #2.

Note: If you encounter difficulties with the cable, try tying a string to the end of the cable. Attach a washer to the opposite end for weight and route it through the upright support.

c. Ask your assistant to position the right upright support inside the base mounting bracket and align the mounting holes as you pull the cable through the mounting bracket hole in the base frame. See Diagram 9, #3.

Diagram 10 *Connect the cable.*



d. Plug the cable connector into its receptacle on the lower board near the motor. See Diagram 10. A definite “click” is heard when the cable is properly attached. If you do not hear and feel the connector snap into place, reinsert it.

Diagram 11

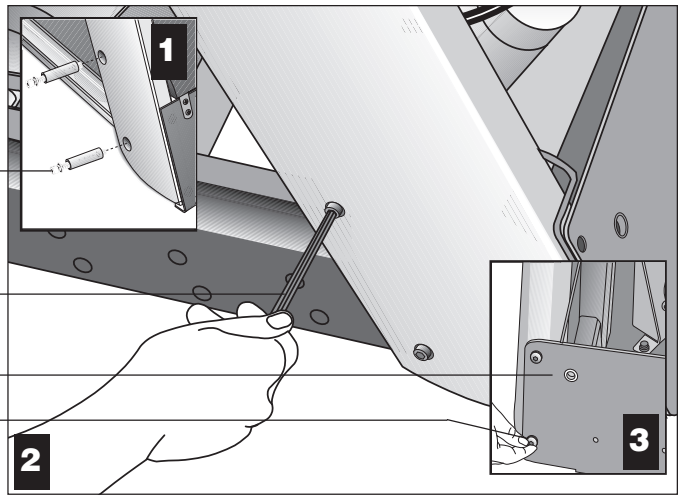
Secure the right upright support.

Screws (D), washers (E), and barrel spacers (F)

Tighten so that the upright is secure, but leave room for adjustments.

Front panel

Shipping fasteners with washers (B)



8. **Secure the right side upright support.** Diagram 11. Obtain two long sockethead screws (D), washers (E) and barrel spacers (F) from the Hardware kit. Place a washer and barrel sleeve on each bolt and insert the fasteners through the side of the upright support and into the base mounts. Diagram 11, #1. Secure the upright support using the ¼-inch hex key. See Diagram 11, #2.

   Important: *Do not securely tighten the screws until after the unit has been fully assembled. Make sure that the bolt and spacer do not pinch the cable.*

9. Remove two stainless steel washers (B) from the Hardware kit and place one on each of the two bolts removed in step 7a. Reinsert the bolts and finger tighten. Diagram 11, #3.

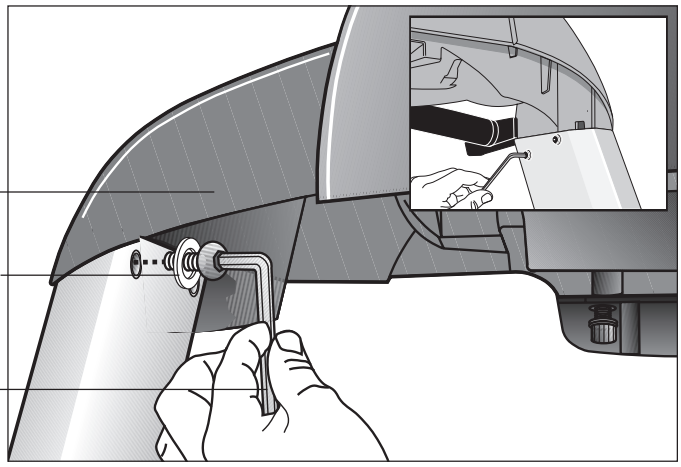
Diagram 12

Secure the display console.

Display console

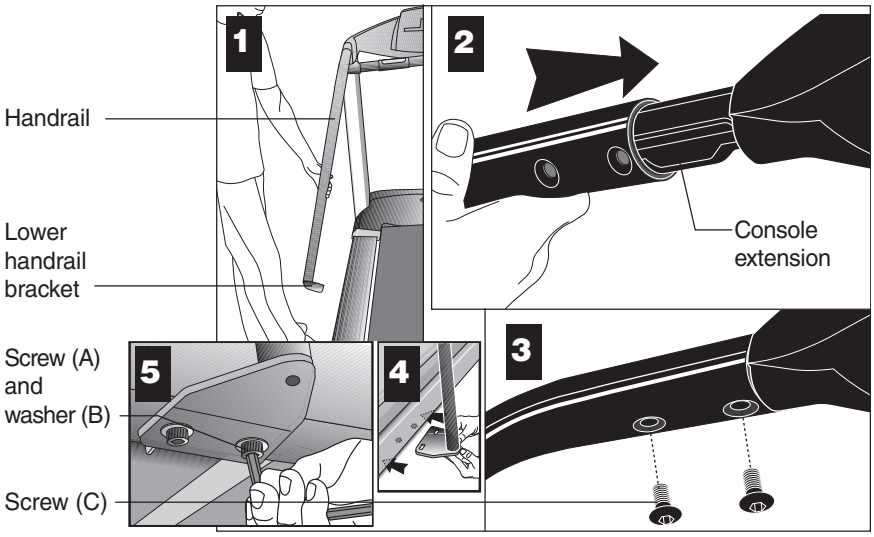
1-inch screws (A) with washers (B)

Tighten the screws, but leave room for adjustments.



10. **Secure the display console to the upright supports.** Diagram 12, #1. Align the display console with the right side upright support mounts. Insert two 1-inch screws (A) with washers (B) and finger tighten. Use the supplied hex key to secure the screws on both upright supports, but leave room for adjustments. See inset in Diagram 12, #2.

Diagram 13 *Handrail alignment and installation.*



***Important**: With the handrails attached, the width of the treadmill is 36.75 inches (93 cm). It will not fit through a standard 32-inch doorway.*

11. **Attach the handrails.** Diagram 13. For ease of assembly, place the side rails or adjustable rear feet on blocks. Obtain assistance to lift the treadmill. **Do not place blocks beneath the running bed.**

    To attach the handrails, perform the following steps on ***one side at a time*:**

    a. Position the handrail as shown in Diagram 13, #1 and #2 and slide it onto the console extension. Insert two flat head screws (C) into the upper handrail mounts and finger tighten. See Diagram 13, #3.

    b. Align the lower handrail bracket with the two base mounts and insert two screws (A) with washers (B). See Diagram 13, #4. Tighten the screws with the hex key. See Diagram 13, #5.

    c. Return to the upper handrail screws and securely tighten each one.

    d. Perform steps a. through c. on the opposite side.

    e. Obtain assistance and remove the blocks from beneath the base.

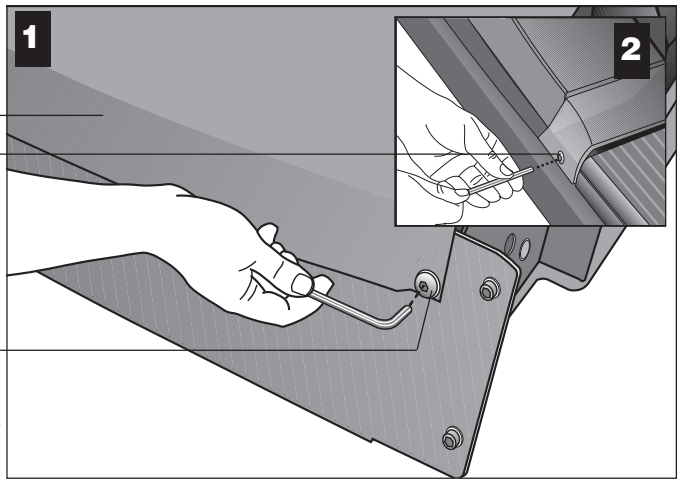
Diagram 14

Replace the hood and secure it.

Hood

Buttonhead screws (A) with washers (B) secure the hood to the siderail.

Buttonhead screws (A) with washers (B) secure the front of the hood.



12. **Replace the hood.** Diagram 14. Reposition the hood on the treadmill. Remove four buttonhead screws (A) with washers (B) from the hardware kit. Two buttonhead screws and washers are placed through the front panel and the remaining two screws and washers are used to secure the hood to the siderail. Tighten the screws using the appropriate hex keys.

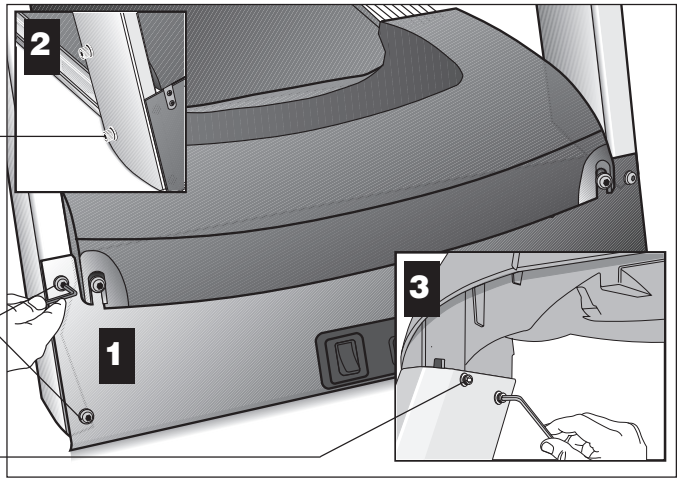
Diagram 15

Secure the fasteners and replace the hood.

Alternately tighten four side upright screws.

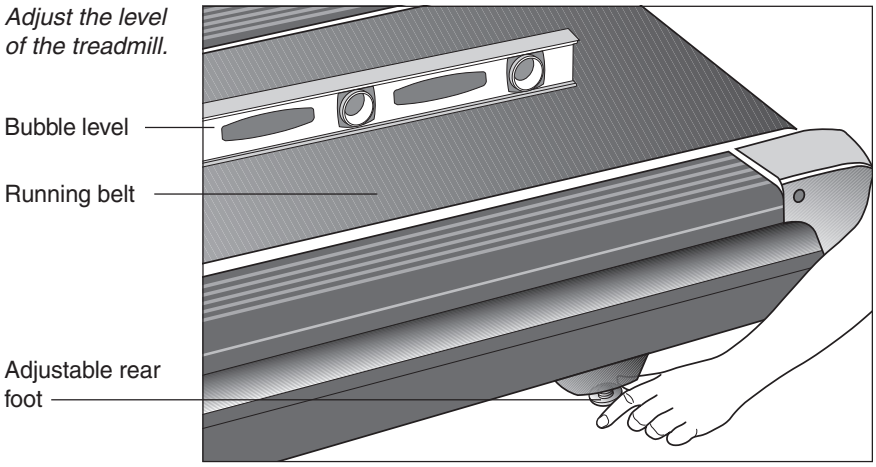
Alternately tighten the four front panel screws.

Alternately tighten the four screws that secure the display console.



13. **Tighten all mounting screws with the hex keys provided.** Diagram 15. Start at the front of the treadmill with the four screws that attach the upright supports to the front panel. Tightening these screws first helps pull the rest of the treadmill's parts into alignment. Then, proceed with tightening the four sockethead screws (D) that secure the upright supports, the four console assembly screws (A), the handrail assembly screws (A) and (C), and the hood screws (shown in Diagram 14).

Diagram 16 *Adjust the level of the treadmill.*

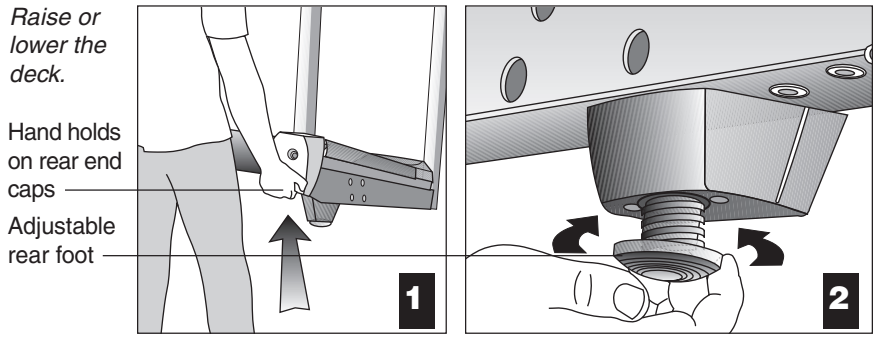


14. **Level the unit.** Diagram 16. Check to make sure that the running deck is level by taking the following steps:

    a. Use a bubble level as shown in Diagram 16 to verify that the running deck is level. If the treadmill is placed on a slightly, uneven surface, adjusting the rear feet can help, but will not compensate for extremely uneven surfaces.

    ***Important**: If you need to make adjustments, adjust one rear foot at a time. Do not use the rear foot to raise or lower the unit more than ¾-inches.*

Diagram 17 *Raise or lower the deck.*

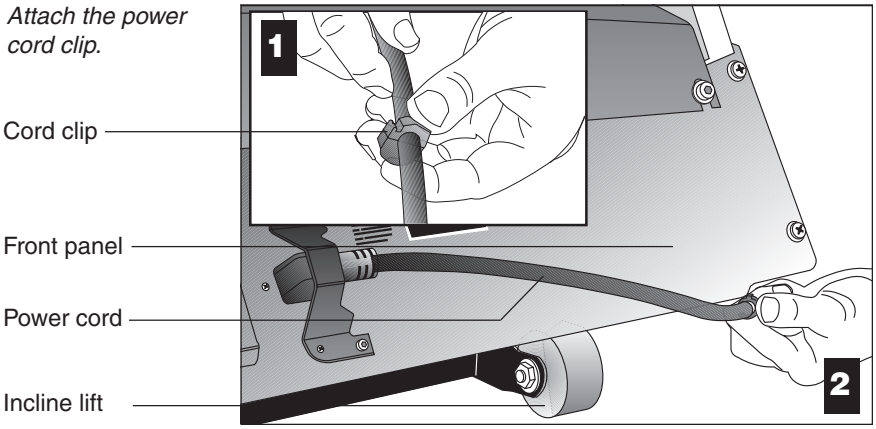


    b. Adjust the rear feet. Diagram 17. To raise the rear deck, situate yourself next to the adjustable rear foot. Ask an assistant to lift the rear of the treadmill slightly while you turn the adjustable rear foot clockwise. Turning the rear foot counterclockwise lowers the unit.

    c. Check the level of the unit after each adjustment. Make adjustments to the rear feet so that both carry an equal amount of the treadmill's weight and the load placed upon it.

    ***Important**: If the load is not equally compensated, the user will feel excessive vibration or movement at the display console.*

Diagram 18 *Attach the power cord clip.*

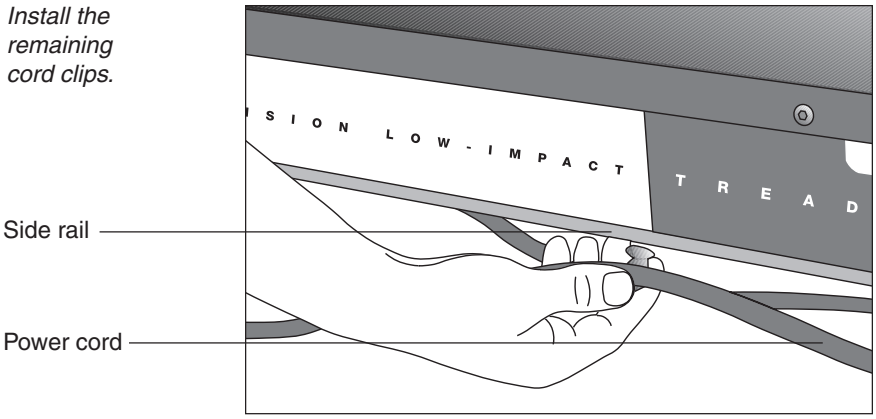


CAUTION: To make sure the power cord is not pinched or damaged by the incline lift, attach the power cord to the base frame using the clips provided.

15. **Attach the power cord clip.** Diagram 18, #1. Remove a cord clip from the Hardware kit. Wrap it around the power cord near its receptacle and clamp it shut.

16. **Insert the clip into the base frame.** Diagram 18, #2. Insert the serrated portion of the cord clip into the hole located under the front panel on the base frame.

Diagram 19 *Install the remaining cord clips.*



17. **Install the remaining cord clips.** Diagram 19. Wrap at least two more cord clips around the power cord and insert the clips into the holes found in the frame beneath the side rail. The holes are spaced a foot apart (approximately 31 cm) along the length of the side rail.

18. **Plug the power cord into a dedicated, grounded circuit.** Place the clips as needed along the length of the power cord while you route it to the power outlet.

Important: *Check the length of the power cord to make sure that it cannot get pinched or damaged by the incline lift movement.*

CAUTION: The treadmill requires a dedicated, grounded circuit. A 20 amp dedicated circuit is recommended. Make sure that no other product or machine uses the same circuit as the treadmill. Refer to *Grounding Instructions* on page 3.

TURNING THE UNIT ON AND OFF

Use the ON/OFF (I/O) power switch, located on the front panel, to turn the unit ON and OFF.

To complete the installation of the treadmill, continue with *Checking the Alignment of the Running Belt.*

CHECKING THE ALIGNMENT OF THE RUNNING BELT

The belt is aligned at the factory before shipment. However, during shipment or by using the treadmill on an uneven surface, the belt might move off center. Proper belt alignment is important because it allows the belt to remain centered and assures smooth operation.

Follow these steps to check the alignment:

1. The treadmill has adjustable rear feet. Check to make sure that the running surface is level. Refer to step 14, Diagram 16.
2. Locate the I/O switch at the front of the treadmill and turn the unit ON.
3. Stand beside the treadmill and press QUICKSTART. The running belt starts automatically after the message, "***Belt Starting 3, 2, 1,...***" appears.
4. Continue standing next to the treadmill and hold down the SPEED ▲ key until the display shows a speed of 3 miles per hour (5 kph).
5. Walk around to the rear of the unit and observe the belt for a few minutes as it moves.

If the running belt,...	Then,...
tracks centered on the running surface	the belt is functioning correctly. It is evenly distributed between the side rails so no adjustment is necessary.
runs or drifts off center	you need to adjust the belt; see *Aligning the Running Belt,* page 44.

CAUTION: If you notice that the belt needs alignment, make the adjustments at once. Failure to do so might cause the belt to tear or fray which is not covered by the Precor limited warranty.

6. To stop the running belt, press the red STOP button.

If the belt is functioning correctly, the treadmill is ready to use. Please continue on to *Club Information* to learn how to customize the treadmill for your Club.

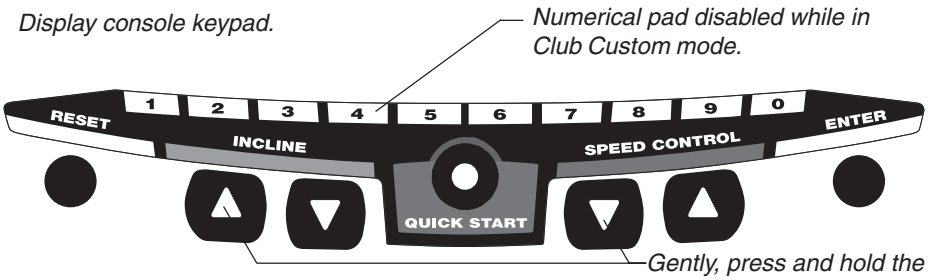
Club Information

These next few pages provide information that lets you customize the treadmill for your Club. It is not information that your customer needs or, necessarily, should see. This section covers the following information about how to:

- determine which language appears on the display
- set maximum speed, workout, and pause times
- design custom programs
- display the odometer and other useful information
- connect to CSAFE compatible devices

Note: If your customers are interested in the learning more about the C956i or C954i treadmill, you may wish to direct them to the manual available on Precor's web site (www.precor.com). (The manual that appears on the web site does not contain the information found in this section.)

Diagram 20 *Display console keypad.*



***Note**: The CHANGE keys are not shown in this diagram. Refer to Diagram 21 for its location.*

CHANGING THE CLUB SETTINGS

The Club "custom" settings are accessed through specific codes that help eliminate unauthorized access. Refer to Diagram 20 to locate the keys. Information that you can access and features that can be customized are as follows:

- **Language** — Choose to display English, German, Spanish or French.
- **Units of Measure** — Select between U.S. Standard and Metric displays.
- **Maximum Speed** — Determines the maximum speed that a user can select. Selections range between 0.5 to 12 mph (1 - 20 kph).
- **Maximum Workout Time** — Sets a maximum limit on workout time.

  Note: Remember that the user will get up to 5 minutes additional cool down time appended to a completed program. (Refer to *Custom Cool Down*.) So, adjust the maximum time limit accordingly.
- **Maximum Pause Time** — Sets the maximum duration in which a person can "pause" his or her workout.
- **Cool Down Time** — Sets the duration in which a person can "cool down" during his or her workout.
- **Fitness Test** — Provides a Fitness Test for the user when "enabled."
- **Custom Programs 1 and 2** — Provides 2 programs that can be customized for a specific user or general club purpose.

To access the Club settings, the following must occur:

- ❑ **Check to be sure that the treadmill is turned ON**.
- ❑ **Check that the Precor banner appears on the display**.
- ❑ **Press the appropriate key sequences**. (To cancel entries, press RESET.)

Important*: To access Club Custom mode, press STOP while the Precor banner is displayed. Within 1/2 second, begin pressing the key sequences. If the system does not detect a key press (within 1/2 second) after STOP, it resets to the Precor banner.*

The display console keys that you need to press to change the language, select the units of measure, set the maximum speed, workout, and pause times, or change the custom programs are as follows:

Begin at the Precor banner and press the STOP button. Then, within 1/2 second, initiate the key sequence below.

SPEED ▼, SPEED ▲, SPEED ▼, RESET, SPEED ▼, SPEED ▲, SPEED ▼

Note: Once you begin entering the sequence above, each key must be pressed within 4 seconds of the other or the Precor banner reappears and you have to begin again. You can also use the number keys in sequence: 5,6,5,1,5,6,5 to enter the Club Custom Mode.

Display key functions within the Club Custom Mode			
▼▲	lets you scroll through the various selections that appear. The longer the key is held down, the faster the numbers scroll past.	CHANGE	reminds you what part of the program you're changing.
STOP	advances to the next aspect of the program without storing the information that appears on the display.	RESET	exits Club Custom mode and displays the Precor banner.
		ENTER	saves the information being displayed and moves to the next aspect of the program.

Note: The touch sensitive keys can be gently pressed and held to view several selections. The longer the key is held down, the faster the numbers scroll past.

SELECTING THE LANGUAGE

On the C956i, display prompts can appear in English, German, Spanish or French. Use the ▼▲ keys to make your choice and press ENTER to select it.

DETERMINING THE UNITS OF MEASURE

Two different units of measure can be selected, *Metric* or *U.S. standard*. Make your selection using the ▼▲ keys. Press ENTER once the correct unit is displayed.

Note: Anytime you wish to exit the Club Custom mode, press the RESET key. The display attributes that you selected by pressing ENTER are saved and recorded in memory.

DETERMINING THE CLUB SPEED LIMIT

You can set the maximum speed for the treadmill. This limits how fast the running belt moves and, consequently, how many adjustments a user can make to the treadmill's speed. The speed is displayed in miles per hour (mph) or kilometers per hour (kph) depending upon the units of measure (Metric or U.S. standard) that are selected.

The ▼▲ keys let you choose a speed between: **0.5** to **12.0 mph**
1.0 to **20.0 kph**

Press ENTER to make your selection.

Important: *If you select a number that limits the miles per hour, your change will not affect the kilometers per hour (and vice versa). The treadmill does not convert the speed entered in miles per hour (U.S. standard) to kilometers per hour (Metric). It stores separate numbers for the different units of measure.*

CAUTION: If you change the Unit of Measure display, be sure to check the "Set Max Speed" setting to verify that it is correct.

SETTING A WORKOUT TIME LIMIT

You can limit how long a user works out by setting a duration between 1 and 240 minutes. The treadmill also lets you choose "no limit" which allows the user to select a program and work out indefinitely.

Note: The QUICKSTART program is automatically limited to the workout time set during Club Custom mode.

Use the ▼▲ keys to select a workout time limit. For example, if you set the workout time limit to 20 minutes, the treadmill allows users to specify a workout between 1 and 20 minutes. Users cannot specify a time longer than 20 minutes.

Press ENTER to make your selection.

Note: Take into account the user will get an additional cool down period appended to his or her workout, so adjust the maximum time limit accordingly.

SETTING A PAUSE TIME LIMIT

Setting a pause time limit is useful because the treadmill returns to the Precor banner at a selected interval after the STOP button is pressed whether the user planned to return or not.

Use the ▼▲ keys to set a pause time limit between 1 and 120 seconds (2 minutes).

Press ENTER to make your selection.

SETTING A COOL DOWN TIME LIMIT

Select the time frame for a user's cool down period. Use the ▼▲ keys to set a cool down time limit between 1 and 5 minutes (in one minute increments). Note that a minimum cool down of 3 minutes is recommended to help a user's heart rate return to its normal, non-exercising state.

REMOVING OR PROVIDING A FITNESS TEST

The Fitness Test is “disabled” at the factory, so if you wish to add the option to the user’s choice of programs, you need to “enable” the Fitness Test.

***Important**: On the C956i, the Fitness Test takes the place of Custom Program 2.*

After displaying a cool down time limit and entering your selection, the Fitness Test prompt appears on the display. Use the ▼▲ keys to select “enabled” or “disabled”.

Press ENTER to confirm your selection.

CHANGING THE C956i CUSTOM PROGRAMS

Note: This aspect of the Club Custom mode does not appear in the C954i treadmill.

Two custom programs (Program 1 and Program 2) exist in the C956i treadmill. After you modify Program 1 (or opt to bypass it), Program 2 appears on the display. The keys on the console keypad have a different function than explained in the box on page 21. In the custom programs, the keys function as follows:

Custom Program Keys	
SPEED ▼ or ▲	moves the blinking LED from column to column.
INCLINE ▲ or ▼	affects the incline of the selected column.
ENTER	accepts any changes and stores the program in memory.
STOP or RESET	exits the program (leaving it unchanged) and resets the display to the Precor banner.

If you decide to select a custom program, you have the ability to create a new, or “draw over” an existing, program profile. The entire program appears on the display. A blinking LED appears at the top of the far left column and indicates the starting position. Any incline changes that you make occur only in that column. The treadmill’s speed is determined by the user.

Begin modifying the program profile one cell at a time using any INCLINE ▲ or ▼ key. The available incline range is from 1% to 15%. To move onto the next column, press any SPEED ▼ or ▲ key. (Refer to the chart above.)

When you have finished making changes, press ENTER to save the program profile. The display moves to the next Custom Program (#2) or returns to the Precor banner (depending on which Custom Program you were modifying).

Note: To exit the custom program mode without saving any of the changes, press STOP or RESET. The custom program that existed prior to your changes is reinstated and the display returns to the Precor banner.

VIEWING THE ODOMETER, HOURS OF USE, SOFTWARE VERSION AND ERROR LOG

The treadmill stores the cumulative miles or kilometers, the number of hours that the unit has been in use, the software version and software type (which is valuable when calling Customer Support), and an error log (useful when troubleshooting).

Start at the Precor banner and press the STOP button. Then, within 1/2 second, initiate the following key sequence.

SPEED ▲, SPEED ▼ (Or, you can opt to use the number keys: 6, 5)

The field name ODOMETER appears briefly and then the odometer value (the cumulative distance users have travelled) appears in miles or kilometers.

Press ENTER and the number of hours (HOUR METER) that the unit has been in use appears. The treadmill notes the passing of each 10th of an hour, but the numeric value that appears is truncated to the nearest full hour.

Press ENTER again and the unit's three digit SOFTWARE VERSION (upper and lower) appears on the display.

Press ENTER once again and the ERROR LOG appears. Press any ▼ or ▲ key to view the error messages. To return to the Precor banner, press ENTER**,** STOP**,** or RESET.

Note: To clear (delete) the error log, press QUICKSTART for at least 4 seconds while viewing the list. Prompts appear on the display and let you know when the error messages have been deleted ("cleared" from memory).

Important*: You cannot retrieve the error log once you have deleted it.*

USING CSAFE STANDARD EQUIPMENT

The C956i and C954i are fully compatible with CSAFE protocols. If the unit is connected to a CSAFE master device, the user will be prompted to enter a user ID. Five zeros appear on the display. The left zero blinks to indicate that it is awaiting input. The following table provides information about the keypad functions:

User ID Entry:	Program Keys
SPEED ▼ or ▲	moves the blinking LED from field to field.
INCLINE ▲ or ▼	changes the number value in the selected field.
Number keypad	use the number keys to enter a user ID. The number that is pressed appears in the display and the next field begins to blink. When all 5 user ID numbers are selected, the user must press ENTER to submit it.
ENTER	submits the displayed user ID. Note that if the 5 zeros are being displayed when the user presses ENTER, user ID. entry is bypassed and the program prompt appears.
RESET	resets the display to the Precor banner.

A message indicates when the user ID is accepted by the CSAFE master device. Then, the program prompt is displayed. See *Quick Steps to Working Out* on page 35.

The C956i/C954i Display

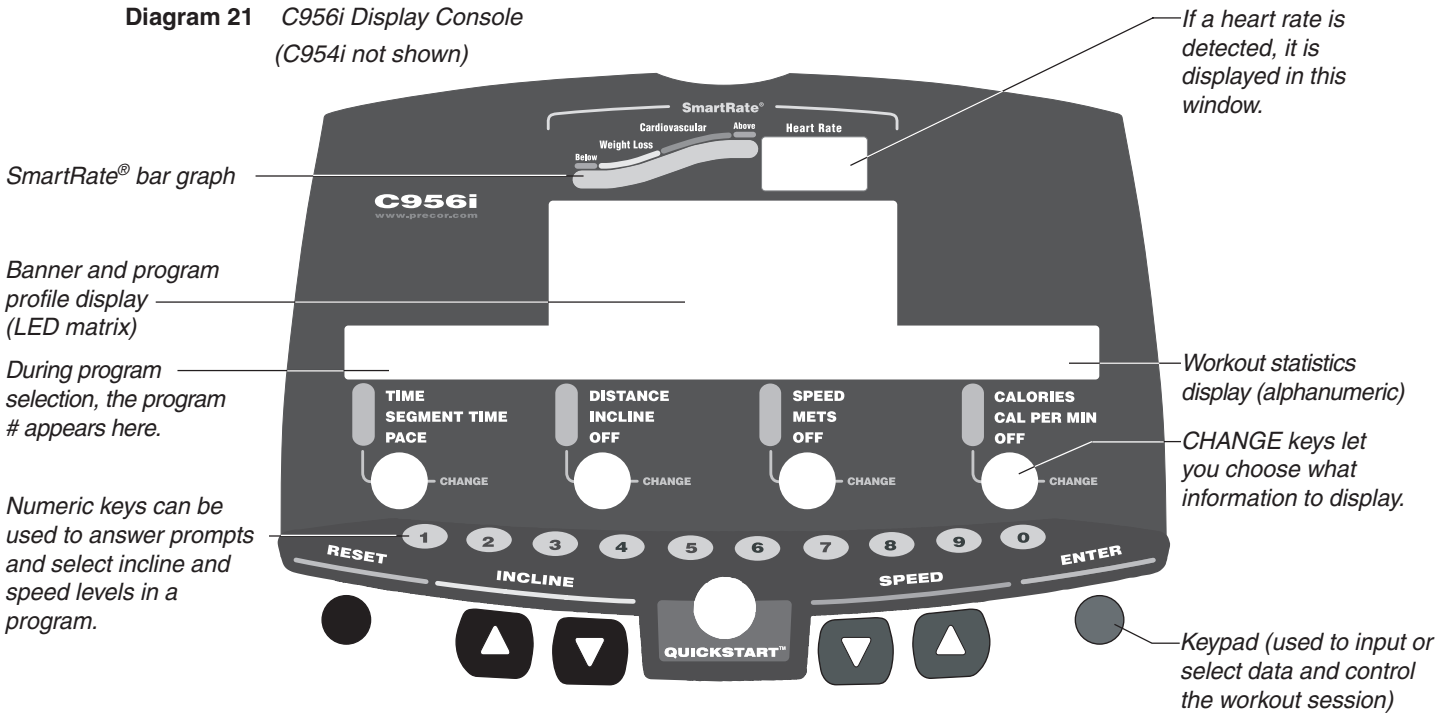
The C956i or C954i is designed so users can work out with minimal instruction or training. The directions on the console and the prompts on the display will guide a user through the entire workout session. Before the treadmill is used, however, we recommend that you familiarize yourself with it so you can instruct your customers to use it safely and effectively. This section covers the following information:

- an overview of the features provided on the display console
- an explanation about the available programs
- instructions for utilizing the heart rate options

FEATURES ON THE DISPLAY CONSOLE

Indicator lights show you which feature is being displayed. When you are working out, the display presents TIME, DISTANCE, SPEED, and CALORIES. You change what features appear on the display by pressing the CHANGE keys.

Diagram 21 *C956i Display Console (C954i not shown)*



As you exercise, the display console provides motivation by presenting constant feedback about your progress. An brief explanation of each feature on the display console appears in Diagram 20. Look on the next page for a more thorough explanation.

Note: If an error message appears, call a Precor qualified service technician or service center. Refer to *Obtaining Service* on page 7.

TOP DISPLAY WINDOWS

SmartRate®: You must enter your age (during the program Setup prompts), and wear a POLAR® chest strap, while in a program, before the blinking segment in the bar graph can show the zone that your heart rate is in, either: Weight Loss or Cardiovascular.

Weight Loss Zone: Maintaining your heart rate between 55% and 70% of your maximum aerobic heart rate, helps burn enough calories that, when continued on a regular basis for 30 minutes or more, provides the greatest fat-burning results.

Cardiovascular Zone: Maintaining your heart rate between 70% and 85% of your maximum aerobic heart rate, helps you, when continued on a regular basis for 30 minutes or more, improve your overall cardiovascular/cardiorespiratory fitness level.

Important: *During a program, your heart rate must be above 40 beats per minute before the segment begins to blink. If your club has the heart rate touch-sensitive electrodes on the handrail, you don't need to wear a POLAR® chest strap. However, you will need to grasp the electrode strips. Note that pressing QUICKSTART disables the SmartRate® display feature.*

HEART RATE: The heart rate display lets you monitor your heart rate. When a heart beat is detected, the number appears in the small upper right display (refer to Diagram 21). If you did not purchase the Precor Heart Rate Touch option or are not wearing a POLAR® chest strap, your heart rate will not be detected and no pulse rate appears.

UPPER DISPLAY (C956i only)

The Precor banner and program profiles appear in the large center display (LED matrix). Always start a workout at the Precor banner. During workouts, the program profile appears in the center display and corresponds to the program you selected. As you proceed through your workout, your position is indicated by a blinking cell.

CENTER DISPLAY (C956i and C954i)

Prompts appear in this display prior to your workout. You address each prompt using the numeric or keypad keys. Once you begin a workout, lights appear in the columns below the window indicating which information is being displayed. You can highlight a particular feature by pressing the appropriate CHANGE key.

The following describes the information that can appear in the display.

TIME: During your workout, a time (0:00) display appears when you begin working out. Time appears in minutes and seconds. However, should you exceed 60 minutes (during a single workout), the TIME display converts to hours and minutes. The TIME display shows what time remains to complete the program. An exception to this rule exists if you pressed QUICKSTART before specifying a program duration.

DISTANCE: The distance that you have travelled appears (00.00) once you begin a workout. Distance appears in 100th mile increments. Distance can appear in miles or kilometers. If you wish to change the display, follow the instructions found in *Club Information* on page 21.

SPEED: Displays the running belt's speed. The ▼ and ▲ keys let you decrease or increase the treadmill's speed. The maximum speed can be set by the club (see *Club Information* on page 21). The running belt speed ranges from 0.5 to 12 mph (1 to 20 kph in Metric mode). You can also use the numeric keys to designate the speed, once the running belt is moving. Refer to Numeric keys and SPEED ▼▲ on page 30.

Note: You can check the speed (when it is not the chosen display) any time during your workout by lightly pressing either SPEED ▼ or ▲ key (for less than 2 seconds). Pressing the SPEED ▼ or ▲ key for more than 2 seconds causes the treadmill's speed to change.

CALORIES: Provides the cumulative number of calories being burned by the user.

SEGMENT TIME: Indicates the amount of time, in minutes and seconds (mm:ss), that remain in the highlighted column (or segment) before the cell at the top of the next column begins blinking.

INCLINE**:** Displays the percent of incline during your workout. The INCLINE ▲ and ▼ keys affect the treadmill's lift and let you set an incline between 0% and 15%. The values displayed can change (in 0.5% increments). You can also use the numeric keys to designate the incline, once the program has begun. Refer to *Numeric Keys* and INCLINE ▲▼ on page 30.

Note: You can check the incline (when it is not the chosen display) any time during your workout by lightly pressing either INCLINE ▲ or ▼ key for less than 2 seconds. Pressing the INCLINE ▲ or ▼ key for more than 2 seconds causes the treadmill's incline to change.

METS: Displays the metabolic units associated with your workout.

CALORIES PER MINUTE: Indicates the approximate number of calories being burned per minute.

PACE: Displays your target speed in minutes and seconds per mile (or kilometer).

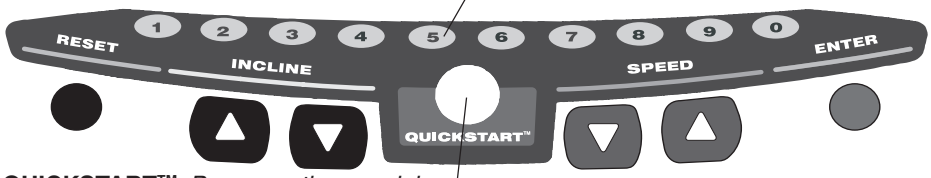
KEYS ON THE DISPLAY CONSOLE

The Precor treadmills have an easy-to-use keypad that is activated by the slightest touch. Remind users that they only need to apply gentle pressure to these ultra-sensitive keys.

Each key on the display console's keypad provides specific functions. Numeric keys (numbered 1 - 0) let you enter data in answer to the display prompts and change the speed or incline during a workout. The standard keys, CHANGE, RESET, INCLINE ▲▼, SPEED CONTROL ▼▲, and ENTER, let you enter data as well as control your workout.

The following information explains the different uses of the keys from left to right. To locate each key, look at the display console or refer to Diagram 22.

Diagram 22 *Display console keypad.*



***Numeric keys**: Indicate program #, time limit, or goal entries. During a workout, use these keys to select a target speed or incline.*

QUICKSTART™*: Bypasses the remaining Setup prompts and starts moving the running belt. SmartRate® is inactive and default values apply.*

***Note**: The CHANGE keys are not shown in this diagram. Refer to Diagram 21 for its location.*

KEYPAD TIPS

- Select accurate entries or features such as SmartRate® will not work properly.
- Answer the Setup prompts by pressing the numeric keys or the ▼ or ▲ keys.
- Press ENTER to select the information being displayed.
- QUICKSTART bypasses further selections and causes the running belt to start moving. Default values apply (see QUICKSTART on page 31). The SmartRate® display does not appear.
- A time-out occurs during the Setup prompts if the treadmill detects no key presses for 5 seconds. Prompts appear requesting that the user press the arrow or number keys. If no key presses occur within the next 2 minutes, the display returns to the Precor banner.
- Press RESET to return to the Precor banner.
- The STOP button does not appear in Diagram 22, but its function is vital as explained in this section.

Numeric Keys (1 - 0): During a workout, you can use the numeric keys to change the treadmill's speed or incline (in whole numbers or increments). The range of speed (0.5 - 12 mph, 1 - 20 kph) can be set by the club, so there may be limits. Check with the club manager. Remember, if you use the numeric keys to change the speed or incline, you need to designate which function you are changing by pressing the SPEED ▼ or ▲ key (or the INCLINE ▲ or ▼ key) within 3 seconds.

Note: When you use the numeric keys to change the incline, the actual incline appears on the display as the lift moves toward the target position. If you wish to halt the lift's movement, press either the INCLINE ▲ or ▼ key. The lift stops moving and the display shows the current incline level. A similar situation occurs when you use the numeric keys to change the speed, only it's the running belt that is being affected.

During the Setup prompts, you can also use the numeric keys to type in a program number, workout time, "goal" entry, and age. Note that you must press ENTER to process your selection.

CHANGE: During a workout, the CHANGE key lets you choose which feature appears on the display.

RESET: While you are answering the Setup prompts or when the running belt is stopped, you can cancel the program, clear the display, and return to the banner by pressing RESET.

INCLINE ▲▼: During a workout, the INCLINE ▲▼ keys let you increase or decrease the running bed's incline. The incline changes can range from 0% to 15% in 0.5% increments. The incline in some programs (Custom, Random and Interval) is preset, but can be overridden by the user. An exception to these rules are the Heart Rate and Weight Loss programs.

When you press the INCLINE ▲▼ keys, the number that appears on the display shows the target incline (not the actual incline) because the display can change much faster than the motor driven lift.

Another feature of the INCLINE ▲▼ keys lets you review the treadmill's incline any time during your workout. If incline is not one of the chosen features being displayed, you can view the actual incline by lightly touching either INCLINE ▲ or ▼ key. You can opt to change the incline, if you hold the key down for more than 2 seconds.

Note: The numeric keys can also be used to adjust the incline. Please refer to *Numeric Keys* above.

Important: *In the Heart Rate and Weight Loss programs, the INCLINE ▲▼ keys affect the target heart rate, not the treadmill's incline.*

STOP: When the STOP button is pressed, the running belt slows to a gradual stop. The treadmill remains in pause mode. If the lift was moving when the STOP button was pressed, the lift stops also and remains at its current incline level.

To resume a workout, the SPEED ▲ must be pressed. If no key press is detected and the pause time limit elapses, the display returns to the Precor banner. A default time limit of 2 minutes exists or a "pause time limit" can be set by the club, refer to *Club Information* on page 21.

***Important**: As a safety feature, a sharp tug on the security cord that is attached to the STOP button will cause the running belt to stop. It is a **requirement** that a user attach the security clip on his or her clothing while working out. Please refer to Using the Security Clip on page 33.*

SPEED CONTROL ▼▲: The SPEED ▲ key initiates the movement of the running belt at the beginning of a program and lets you designate the target speed. During a workout, the SPEED ▼▲ keys let you increase or decrease the running belt's speed. Speed changes can range from 0.5 to 12 mph (1 to 20 kph) in 0.1 increments. The speed in the Interval program can be programmed by the user. The speed of the running belt can also be modified and limited by the club. Check with the club manager or refer to *Club Information* on page 21.

Note: When you press the SPEED ▼▲ key, the number that appears on the display shows the target speed and may differ slightly from the actual speed because the display can change much faster than the running belt. Eventually, the two meet at the target speed.

Another feature of the SPEED ▼▲ keys lets you review the treadmill's speed and pace any time during your workout. If speed and/or pace is not one of the chosen features being displayed, you can view the speed of the running belt and your pace by lightly touching the SPEED ▼ or ▲ key. A 2-second display lets you review your speed and pace. You can opt to change the speed, if you hold the key down for a few more seconds.

Note: The numeric keys can also be used to adjust the speed. Please refer to *Numeric Keys* above.

QUICKSTART: This key lets you bypass the Setup prompts and start your workout immediately using the Manual program. ***Default values apply.***

QUICKSTART Default Values

Prompts	Default Value
Program	Manual
Time	The Club limit. Weight Loss program is fixed at 28 minutes.
Weight	150 lbs. (68 kg.)
Age	0 : An Age entry must occur to utilize the SmartRate® display. If QUICKSTART is pressed ***after*** an *Age* is entered, then the SmartRate® display will appear when you hold onto the heart rate "touch-sensitive" grips on the handrail or wear the POLAR® chest strap. If no *Age* entry occurs, the SmartRate® display lights up, but no blinking sensor appears.

Note: The heart rate "touch-sensitive" grips on the handrail are an option available through your Precor dealer.

The QUICKSTART key can be pressed any time during the Setup prompts. Default values apply after that point. See the table below:

Press QUICKSTART at the,...	The following occurs:
Precor banner	You bypass the Setup prompts. A message appears, *Belt Starting 3, 2, 1,...* and your work out begins in Manual mode.
Program prompt	The displayed program is accessed. **Note**: If you press QUICKSTART after selecting the Distance Goal or Calorie Goal programs, the default values are: Distance Goal: 3 miles (5 kilometers) Calorie Goal: 300
Workout Time prompt	The time that appears on the display becomes the workout time limit.
Distance Goal prompt	The displayed number is set as a distance goal. This prompt only appears when the Distance Goal program is selected. Allowable distance entries: 0.1 to 50.0 in miles (or kilometers).
Calorie Goal prompt	The displayed number is entered as the calories goal. This prompt only appears when the Calorie Goal program is selected. ENTER between 1 to 5000 calories.
Weight prompt	The weight that appears on the display becomes your designated weight that the treadmill uses to compute statistics. Acceptable entries: between 0 and 999.
Age prompt	The age that appears on the display becomes your designated age that the treadmill uses to compute statistics. A correct age entry between 0 and 99 is very important if you plan to utilize the heart rate characteristics of the treadmill. The QUICKSTART key acts the same as the ENTER key at this point because you have answered all the Setup prompts.

ENTER: Workout specific prompts need to be answered and "entered" into memory. Pressing ENTER selects the information displayed and processes it.

Exercising on the Treadmill

Once the C956i or C954i is set up, it is ready to use. There are no complex instructions to follow or mandatory programming steps required to operate the treadmill. The easy-to-understand prompts let you select a program and specify how long you want to work out. Begin working out and then, adapt the speed and incline level to meet your fitness goals.

CAUTION: Before beginning any fitness program, have your physician give you a complete physical examination.

USING THE SECURITY CLIP

A security clip is attached by its cord to the red STOP button that straddles the handrail. ***Always attach the security clip to your clothing before each workout.*** A tug on the cord trips the security switch and slows the running belt to a stop. If the security switch trips while you are working out, the treadmill retains your workout statistics and enters pause mode. To resume your workout, re attach the security clip to your clothing, and press the SPEED ▲ key until you reach the desired speed.

Important: Club owners, managers, personal trainers. *Remind users how important it is to use the security clip while working out on the treadmill. Instruct them on how to attach it to their clothing near their waistline. If any complications occur, a strong tug on the security cord will stop the running belt.*

Note: A velcro patch is located on the right side of the console by the handrail. Use it to store the clip while the treadmill is not being used.

PAUSE, COOL DOWN, SUMMARY AND EXIT FEATURES

Pausing, cooling down, and exiting are integral parts of your workout and can be accessed any time during a program. The treadmill goes through several prerequisites before actually exiting a program. The following tables explain the different conditions or situations that apply.

In a program, you press	This is what happens...,
STOP	Enter pause mode. The running belt slows to a gradual stop. Note that you may also press the SPEED ▼ key until zero appears on the display. Once the running belt stops, TIME stops accruing. The display features remain, so you can review your workout statistics. The factory setting for Pause mode is 2 minutes (120 seconds). The club has the option to change the setting. A duration can be set between 1 and 120 minutes and limits how long a user can pause his or her workout. Refer to *Club Information* on page 21.

In Pause mode, you press	This is what happens...,
SPEED ▲	Exits pause mode and starts the running belt moving again so that you can resume where you left off.
RESET	Displays the WORKOUT SUMMARY banner. You can scan through your workout statistics (TIME, DISTANCE, CALORIES) by pressing the CHANGE key. Note that the TIME display shows the accumulated workout time including warm-up and cool down periods. To exit the summary state, press RESET again or wait until the time limit (2 minutes) elapses. The display returns to the Precor banner.

Note: The factory setting for pause mode is 2 minutes (120 seconds). The club has the option to change the setting. A duration can be set between 1 and 120 seconds and limits how long a user can pause his or her workout. Refer to *Club Information* on page 21.

In Cool down, you press	This is what happens...,
STOP	Enters Cool down - pause mode. The running belt slows to a gradual stop. TIME stops counting. The display features remain, so you can review your workout statistics. Note that the Pause mode has a time limit and the club has the option to change the setting. If you enter pause mode during your cool down, it is of limited duration.
SPEED ▲	Once you press STOP and enter the Cool down-pause mode, the SPEED ▲ key causes the running belt to begin moving again and returns to your cool down, so that you can resume where you left off. TIME continues to count down.

Note: The club has the option to limit the cool down session. A duration can be set between 1 and 5 minutes. Refer to *Club Information* on page 21.

At the Workout Summary banner, you press	This is what happens,...
RESET	Returns to the Precor banner. When you complete the cool down period (or exit from a paused mode by pressing RESET), the WORKOUT SUMMARY banner appears. Workout statistics except TIME, DISTANCE and CALORIES reset to zero. (Note that the TIME display shows the accumulated workout time including warm-up and cool down periods.) You are given 2 minutes to review your workout statistics before the display automatically resets to the Precor banner. You can also press RESET, to return to the Precor banner.

QUICK STEPS TO WORKING OUT

The steps to working out on the C956i/C954i are listed below. A short explanation appears on the left with the more thorough description following on the right.

CAUTION: Before beginning any fitness program, obtain a complete physical examination from your physician.

WORKOUT TIPS

- Always attach the security clip to your clothing prior to working out.
- Check that the unit is turned ON. The I/O switch is located at the front.
- Answer Setup prompts using the numeric keys or by pressing the ▼ or ▲ keys.
- Press ENTER to select the information being displayed.
- QUICKSTART bypasses further selections and starts the running belt. Default values apply (see QUICKSTART on page 31). SmartRate® is not active.
- A time-out occurs during the Setup prompts if the treadmill detects no key presses for 5 seconds. Prompts appear requesting that the user press the arrow or number keys. If no key presses occur within the next 2 minutes, the display returns to the Precor banner.

1 **Put on the chest strap.** (Available with the Precor Heart Rate Option.)

1. For your heart rate to appear on the display, you need to wear a POLAR® chest strap or hold onto the touch-sensitive electrode grips on the handrail.

2 **Straddle belt.**

2. Straddle the running belt with your feet firmly planted on the right and left staging platforms. (Stand close enough to the display console so that you can extend your arms to easily touch the keys.)

3 **Attach security clip to clothing.**

3. Attach the security clip to your clothing near your waistline where it will not interfere with your workout.

4 **Select a program.**

4. On the C954i, to begin your workout, press QUICKSTART or ENTER to access the Manual program. On the C956i, to display the program selections, press ENTER. Use any ▼ or ▲ key or the number keys to display the 21 available programs. Press ENTER when your selection appears.

   C954i — Manual program only. See QUICKSTART on page 31.

   C956i — The 21 programs appear on the label attached to the display console. Brief program descriptions are provided beginning on page 37.

5 **Begin working out.** *Enter the program selection, answer prompts, and enter your Weight and Age.*

***Note**: Any time during the Setup prompts, you can press the QUICKSTART key. Refer to QUICKSTART on page 31.*

5. Follow the prompts on the display. Once you have entered your weight and age, press the SPEED ▲ key to begin your workout.

   ***Important:** Hold onto the handrail with one hand while you press SPEED ▲ with the other hand. Step onto the running belt while the speed is at 1 mph (2 kph). Once you are comfortable with the walking or running speed, you can remove your hands from the handrail.*

(Pause)

To pause during your workout session before finishing the selected program, press the STOP button. See *Pause, Cool Down, Summary and Exit Features* for more information.

6 Continue working out.

6. If you entered pause mode, use the SPEED ▲ key to resume where you left off.

7 Cool down.

7. When you have completed a program, a cool down period automatically begins. Hold onto the handrail. You can exit a program prematurely using the keys on the keypad. Refer to *Pause, Cool Down, Summary and Exit Features* on page 33.

   Note: Always incorporate a cool-down period into your workout. The club has the option to limit its duration between 1 and 5 minutes. See *Cooling Down After a Workout*.

8 End your workout.

(Review WORKOUT SUMMARY)

8. After you complete the cool down period, the running belt comes to a complete stop and a WORKOUT SUMMARY banner appears. Workout statistics except TIME, DISTANCE and CALORIES reset to zero. (Note that the TIME display shows the accumulated workout time including warm-up and cool down periods.) You are given 2 minutes to review your workout statistics before the display automatically resets to the Precor banner. You can also press RESET**,** to return to the Precor banner.

9 Remove the security clip and step off the treadmill.

9. Detach the security clip from your clothing and carefully step down from the treadmill.

COOLING DOWN AFTER A WORKOUT

Cooling down is an important aspect of your workout because it helps reduce muscle stiffness and soreness by transporting excess lactic acid out of the working muscles. Cooling down for at least 3 minutes helps provide a smooth transition that allows your heart rate to return to its normal (non-exercising) state. The treadmill automatically initiates a cool down period once you complete a program. A prompt appears, indicating that you are in cool down.

Note: The Club has the option to limit the cool down period. It can set a duration between 1 and 5 minutes. Refer to page 23, *Setting a Cool Down Time Limit*.

During your cool down, the workout statistics continue to appear. The TIME display counts down so you know how much time remains. When you complete the cool down, a WORKOUT SUMMARY banner appears. See the information on page 34.

Programs

The C954i provides one Manual program while the C956i lets you choose between 21 variable programs. This section provides information about the special features and functions of the treadmill's programs and how to best utilize the:

- SmartRate® feature
- Track course
- Aerobic programs
- Interval programs
- Random program
- Weight Loss program
- Manual program (C954i/C956i)
- Cross Country programs
- Gluteal programs
- Custom programs
- Heart Rate program
- Goal-based programs

Note: To choose a program, begin at the Precor banner and press ENTER. User-friendly prompts guide you through the program selections. Refer to *Quick Steps to Working Out* on page 35.

THE HEART RATE FEATURE

To use the heart rate features you must wear the POLAR® chest strap while working out unless you are using the C956i with the touch-sensitive handrail grips. The chest strap transmits your heart rate signal to the receiver installed in the display console. The signal appears as a number in the heart rate display. This lets you monitor your heart rate even when the display is presenting other workout statistics.

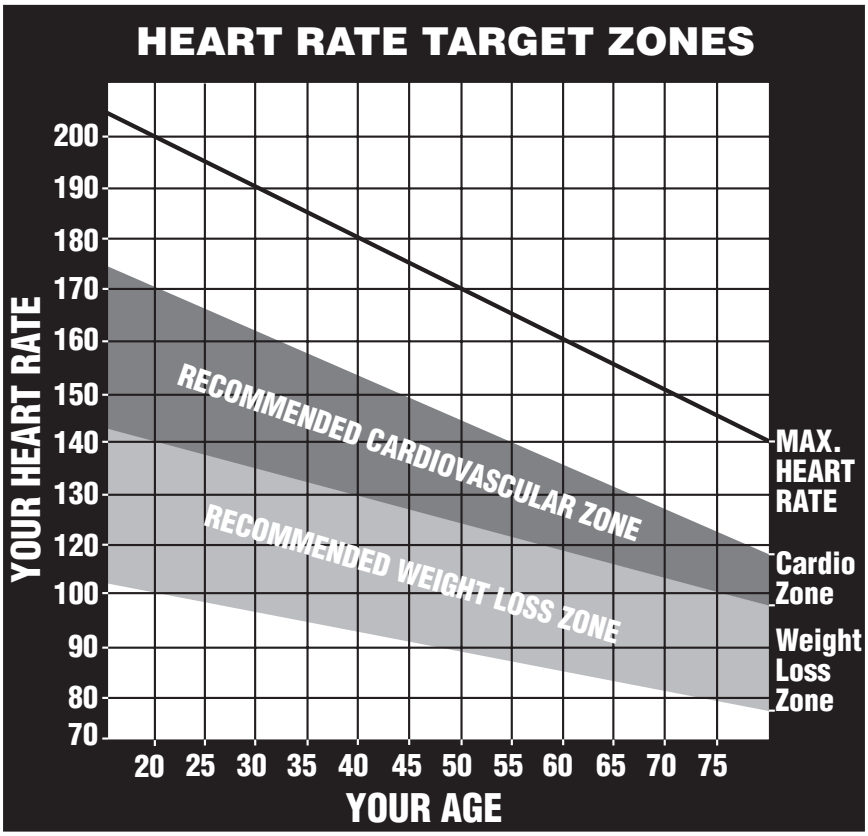
Note: The SmartRate® display does not appear if you use the QUICKSTART key to access a program. Refer to QUICKSTART on page 31.

USING THE SMARTRATE® FEATURE

Add the benefit of SmartRate® to every program on the treadmill. Using SmartRate® as a visual cue helps you adjust your exercise routine to suit specific needs. SmartRate® simplifies the correlation between heart rate and exercise. You don't have to stop concentrating on your workout to find your pulse. It is displayed right in front of you along with the SmartRate® zone. Once you begin a workout, a blinking segment in the bar graph appears on the left of the display, if you entered your age during the Setup prompts. The segment blinks in time with your pulse and highlights the zone that your heart rate is in: Weight Loss or Cardiovascular.

***Important**: Access to SmartRate® is only available when the person exercising wears a POLAR® chest strap or uses the touch-sensitive electrode grip on the handrail. (The POLAR® chest strap and the "touch" capability are separate purchase options.) The SmartRate® indicator lights do not appear when QUICKSTART is used to select a program.*

Diagram 23
Target Zones.



For the ideal "weight loss" range, your heart rate should be between 55% and 70% of your maximum aerobic heart rate. It should never exceed 85% of your maximum aerobic heart rate or go above your target zone. Refer to Diagram 23 for your appropriate target zone.

When you maintain your heart rate between 70% and 85% of your maximum aerobic heart rate, you are improving your overall cardiovascular/cardiorespiratory fitness level. Maintaining your heart rate in either zone (weight loss or cardiovascular) for 30 minutes or more on a regular basis (minimum 3 times a week) provides the greatest benefits.

MANUAL MODE AND THE QUICKSTART™ KEY

Manual mode (C956i and C954i) lets you control the incline and running belt speed which affects the effort you put into your workout. As with other programs, when you complete the time limit set for the program, the automatic cool-down period begins.

You can choose Manual mode in two different ways:

- pressing the QUICKSTART key at the Precor banner. QUICKSTART bypasses the remaining selections and starts the Manual program. Default values include a time limit set by the Club, a weight value of 150 lbs. (68 kg.) and an age of zero. The SmartRate® display is inactive.

- pressing ENTER at the Precor banner. This causes the C954i or C956i to display several Setup prompts. At the program prompt, you select **#1 — Manual** program.

The Manual program profile appears as a flat line. Use the ▼▲ keys or the numeric keys to adjust the incline or speed. (See pages 30 and 31 for more information on the different key's function.) As you proceed with your workout, a blinking cell represents your position on the program.

C956i TRACK COURSE

The C956i Track course presents an oval as the program profile. The "lap" count appears on the inside of the oval and a blinking segment indicates your position on the track. One loop around the track represents 440 yards (0.25 miles) or 400 meters.

You can continue (counterclockwise) around the track for the duration of the course (which can be limited by the club). The lap count that appears represents the number of laps completed, plus the one that your on.

C956i PROGRAMS WITH PRESET INCLINES

In the C956i preset programs, the incline is predetermined. You can make changes to the running belt speed (numeric keys or SPEED ▼▲ keys) throughout the program and even the preset incline can be overridden using the INCLINE ▲▼ keys or the numeric keys.

C956i INTERVAL PROGRAM

The 3 interval programs on the C956i let you select the rest and work intervals according to your training regimen. In the 1-3 interval program, each rest interval is followed by 3 work intervals. In the 1-2 interval program, each rest interval is followed by 2 work intervals. In the 1-1 interval program, each rest interval is followed by 1 work interval. You set the incline and speed for the first rest and work interval and the software repeats the intervals throughout the program. At any point during the workout, you can change the settings of the current interval by simply pressing the ▼▲ or number keys. The software remembers the new settings and applies it to the appropriate rest or work interval.

***Important**: If you entered your Age during the Setup prompts and wear the POLAR® chest strap or utilize the "touch" heart rate, you can adjust the rest or work intervals to keep your heart rate in its recommended zone. For the weight loss mode, try to maintain your heart rate at the lower end (55% of maximum heart rate) while in the "rest" intervals and keep it at 70% of maximum heart rate while in the "work" intervals. See Diagram 23 on page 38.*

To use the interval program, take the following steps:

1. Follow the instructions on page 35, *Quick Steps to Working Out*.
2. At the program prompt, use the ▼▲ key or numeric keys to select program 12, 13, or 14 (depending on the interval length).
4. Press ENTER to proceed to the next prompt. When you finish answering the Setup prompts, the Interval program begins.

To set the incline and speed levels for each interval, take the following steps:

1. To program the rest interval, press the INCLINE and SPEED ▼▲ keys to change the corresponding levels. When the desired settings are displayed, simply continue working out—you do not need to press ENTER.

   The C956i returns to the "rest" settings at the beginning of each rest interval until you readjust it or end your workout.
2. The same procedure applies to specify the settings for the work interval.

The value that appears in the SEGMENT TIME field indicates the time remaining in the current interval. Each time the C956i changes intervals, it informs you by displaying a message. When you complete the time limit set for the program, the automatic cool-down period begins.

C956i CUSTOM PROGRAMS

Two custom programs exist on the C956i. The second custom program is available only if the Fitness Test is disabled. The club can preset the incline on these programs. Refer to *Club Information* on page 21.

C956i RANDOM PROGRAM

The C956i Random program is similar to the preset programs in that it's incline is preset. However, the differences include, a "0%" incline for the first segment (column) and a maximum incline of 9%. The maximum range that the incline can be changed is fixed at plus or minus 4%. Every time a user chooses this program, the program profile changes.

C956i HEART RATE PROGRAM

Once you set your target heart rate and the running belt's speed, the C956i Heart Rate program monitors your heart rate and automatically maintains it within a few beats per minute (bpm) of the selected target. Blinking lights on the SmartRate® bar graph appear to show the "zone" that you are in.

Note: For the C956i to detect a heart rate, the user must wear the POLAR® chest strap or hold onto the touch-sensitive grips on the handrail. The POLAR® chest strap and touch-sensitive handrail are optional equipment that can be purchased from your dealer.

To use the Heart Rate program follow the steps found in *Quick Steps to Working Out* (page 35) and choose the appropriate program number at the program prompt. (Age ***must*** be entered during the Setup prompts.) Once you have finished answering the remaining Setup prompts, the following occurs:

- The software verifies that it detects a heart rate signal. You need to press the SPEED ▲ key to begin your workout.

  Note: If your heart rate cannot be detected (or transmitted through the POLAR® chest strap or touch-sensitive grips), the letters "HR" blink in the heart rate display. Once a heart rate is detected the number that corresponds to your heart rate appears.

- The treadmill provides a 3-minute warm-up period before entering the Heart Rate program. During this time, you may make changes to the incline by using the Numeric keypad or INCLINE ▲▼ keys. Use the SPEED ▼▲ keys to set the running belt's speed.

  Note: If your heart rate moves into the target zone for your age during the 3-minute warm-up period, the Heart Rate Program begins concurrently.

- After the warm-up period, the treadmill automatically adjusts the incline to keep your heart rate at the selected target. Check the SmartRate® display to see if you are in your preferred zone (cardiovascular or weight loss).

  Important*: Once you exit the warm-up period and begin the program, the INCLINE ▼▲ keys no longer affect the actual incline of the treadmill. Instead the keys are used to change your target heart rate. If you change your target heart rate, the treadmill automatically readjusts the incline so that your heart rate remains on target.*

  CAUTION: A warning message will appear if you go above your maximum recommended heart rate target zone. Heed the warning and get permission from your personal physician before working out above the maximum recommended zone for your age and fitness level. See Diagram 23 on page 38 for the recommended target zones.

- When you reach the time limit, a cool-down period begins. You can override the speed and incline by pressing the ▼ or ▲ keys.

  Note: The speed remains constant, if you were at or below 1 mph (1.6 kph).

C956i WEIGHT LOSS PROGRAM

The Precor Weight Loss program incorporates the latest findings on fat-burning and weight loss through exercise. It is based on research at the world-renowned Cooper Institute for Aerobics Research and it is designed to help you burn the most fat during a 28-minute workout, while minimizing the risk of discomfort and injury. The Weight Loss program is similar to the Heart Rate Program, but the target heart rates differ. The rest interval's target heart rate is preset to 55% of (220 - your age), while the work interval is preset to 70% of (220 - your age). The C956i automatically adjusts the incline of the treadmill and maintains your heart rate settings while in the rest or work intervals.

Note: For the C956i to detect a heart rate, the user must wear the POLAR® chest strap or hold onto the touch-sensitive grips on the handrail. The POLAR® chest strap and touch-sensitive grips are optional equipment that can be purchased from your dealer.

To use the Weight Loss program, follow the steps found in *Quick Steps to Working Out* on page 35. When the program prompt appears, enter the appropriate program number. Refer to the program label to the side of the display.

***Important**: During your workout, you can change the target heart rate using the INCLINE ▼▲ keys. The treadmill automatically readjusts the incline so that your heart rate remains on target.*

Note: When you complete the time limit set for the program, the automatic cool-down period begins.

C956i GOAL-BASED PROGRAMS

These C956i programs are similar to the time-based Manual program except that the user's position and program duration are based on a "distance" or "calorie" goal.

Note: A club time limit may exist for these programs. Refer to *Club Information* on page 21.

When you complete the goal set for the program, the automatic cool-down period begins.

FITNESS TEST

The Fitness Test provides a means of comparing your fitness level with official fitness test of the International Association of Firefighters (IAFF). The Fitness Test is written using the Gerkin Protocol, which is the basis for the official IAFF fitness test and part of their Wellness and Fitness Initiative.

Important: *You must enter your age during the Setup prompts and wear a POLAR® chest strap or grasp the touch-sensitive portion of the handrail throughout the test.*

Note: The club can remove the Fitness Test from the choice of programs on the treadmill. If Custom Program 2 appears as program number 16 on the C956i, the Fitness Test has been disabled by the club and is no longer available to the user. Ask the club owner or manager for assistance.

FITNESS TEST GUIDELINES

Before selecting the Fitness Test, read the following guidelines:

- you must enter your age at the AGE setup prompt.
- you must wear the POLAR® chest strap or grasp the touch-sensitive portion of the handrail throughout the test.
- let the test adjust the running belt's speed and incline for you. The keyboard keys are disabled during the test. However, if you need to stop the running belt to regain control or reduce your heart rate, press the STOP button.
- when you finish the Fitness Test, the running belt's speed slows to 3 mph (5 kph) and the incline returns to zero. A one-minute cool-down period is appended to the test. After which, you can press QUICKSTART to enter the Manual program and continue cooling down. Press the SPEED ▼▲ keys to regulate the running belt and return your heart rate to a normal, restful state.

To use the Fitness Test follow the steps found in *Quick Steps to Working Out* (page 35) and choose the appropriate program number at the prompt. Follow the remaining Setup prompts to enter your AGE. Once you have finished answering the Setup prompts, the following occurs:

- The software verifies that it detects a heart rate signal. You need to press the SPEED ▲ key to begin your workout.

  Note: If your heart rate cannot be detected (or transmitted through the POLAR® chest strap or touch-sensitive grips), the letters "HR" blink in the heart rate display. Once a heart rate is detected the number that corresponds to your heart rate appears.
- The treadmill provides a 3-minute warm-up period before entering the Fitness Test.
- After the warm-up period, the treadmill automatically adjusts the running belt and treadmill incline according to the Gerkin protocol for this Fitness Test.

The Fitness Test ends if any one of the following occurs:

- you press the STOP button.
- your heart rate rises above the maximum allowable heart rate (220 minus your age) and remains there for more than 15 seconds. Refer to Diagram 21.
- your heart rate cannot be detected or is no longer being transmitted.
- you complete the test.

Maintenance

The C956i or C954i is built to withstand the rigors of the health club environment. However, as club manager or owner, you are responsible for cleaning and maintaining the unit's integrity. If you fail to maintain the treadmill as described below, it could affect or void the Precor limited warranty.

DANGER — To reduce the risk of electrical shock, always unplug the unit from its power source before cleaning it or performing any maintenance tasks.

INSPECTION

Perform a daily inspection of the treadmill.

1. Look and listen for slipping belts, loose fasteners, unusual noises, worn or frayed power cords, and any other indications that the equipment may be in need of service. Obtain service should you notice any of the above.

   Important: *If you determine that the treadmill is in need of service, move it away from the main workout area and place an large "Out of Service" sign on it. While it is awaiting service, remove the power cord so no one can use the treadmill.*

2. Check for worn, frayed, or missing safety lanyards. Replace missing or worn safety lanyards immediately. A safety lanyard with its security clip must be fastened to the treadmill's red STOP button. Do not allow users on a treadmill without it.

To order parts or to contact a Precor authorized service provider in your area, refer to *Obtaining Service* on page 7.

CLEANING THE EQUIPMENT

Most of the working mechanisms are protected inside the treadmill's hood and solid base. However, for efficient operation, the treadmill relies on low friction. To keep the friction low, the treadmill must be as clean as possible.

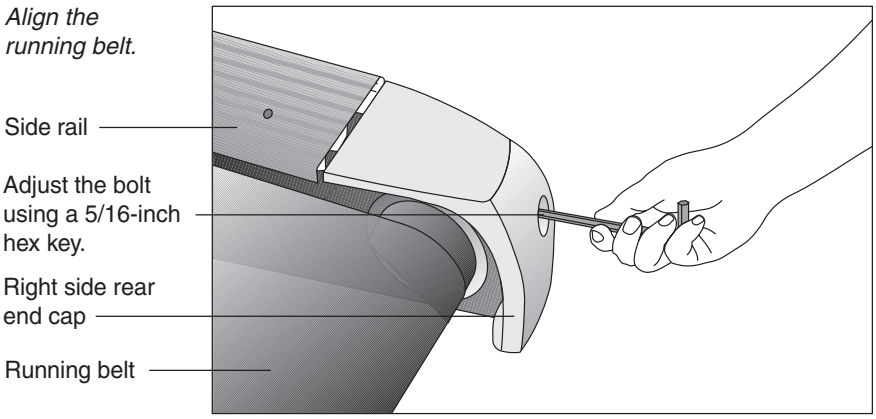
It is recommended that the running bed and belt be cleaned daily. Use a damp, soft cloth to clean the staging platform, running bed and between the belt and running bed surface as far as you can easily reach. This removes any dust or dirt which might affect the smooth operation of the unit.

CAUTION: Never pour water or spray liquids on the display console, handrails, or treadmill. Allow the treadmill to dry completely before using.

Periodically, clean the treadmill's frame, display console, handrails and running belt with a dampened (not dripping wet), *clean* cloth using a diluted solution of mild soap and water. To clean the grooves on the belt, use a soft nylon scrub brush. Vacuum the floor underneath the unit every week to prevent the accumulation of dust and dirt.

The Precor Heart Rate equipment requires little maintenance beyond keeping it dust free. Dampen a sponge or soft cloth in mild soap and water to wipe the POLAR® chest strap. Dry the surface thoroughly with a clean towel.

Diagram 24 *Align the running belt.*



ALIGNING THE RUNNING BELT

The correct alignment of the running belt is critical to the smooth operation of the treadmill. The belt is properly aligned at the factory. However, during shipping and handling or by use on an uneven surface, the belt may move off center and require a few simple adjustments.

Before aligning the running belt, check its operation by following the procedure in *Checking the Alignment of the Running Belt* on page 20. If you determine that the belt needs alignment, follow the instructions here.

CAUTION: Special care must be taken when aligning the running belt. Turn OFF the treadmill while adjusting or working near the rear roller. Remove any loose clothing and tie back your hair. Be very careful to keep your finger or any other object clear of the belt and rollers, especially in front of the roller and behind the deck. The treadmill will not stop immediately if an object becomes caught in the belt or rollers.

Realigning the belt takes a few simple adjustments. If you are unsure about this procedure, call Precor Customer Support (see *Obtaining Service* on page 7.)

Take the following steps to align the running belt on the treadmill. To ensure your safety, make all adjustments while the treadmill is OFF.

1. Make sure the treadmill is OFF and the running belt has completely stopped.
2. Locate the **right** belt adjustment bolt in the rear end cap of the treadmill. (To determine left and right, stand at the rear of the treadmill and face the display.) See Diagram 24. The direction you turn the bolt depends on how the belt is tracking. Make all belt adjustments on the ***right rear corner bolt*** using the hex key provided.
   - If the belt is off center to the RIGHT, turn the adjusting bolt 1/4 turn clockwise, which moves the running belt to the left.
   - If the belt tracks off center to the LEFT, turn the bolt 1/4 turn *counterclockwise*; this moves the belt to the right.

   Important: *Do not turn the adjusting bolt more than 1/4 turn at a time. Overtightening the bolt can damage the treadmill.*

3. Turn ON the treadmill, press QUICKSTART, and then increase the running belt speed to 3 mph (5 kph) by pressing SPEED ▲.

   CAUTION: Stand to the side of the treadmill. The running belt begins moving automatically after you press QUICKSTART.

4. Observe the running belt for a couple of minutes. The belt should be centered on the running bed. A few inches from either side of the side rail platform.

   CAUTION: If you hear any chafing or the running belt appears to be getting damaged, stop the running belt immediately by pressing the red STOP button. Contact Precor Customer Support.

5. If the belt needs additional alignment, repeat steps 1 through 4 of this procedure until the belt is properly aligned.

6. Press STOP. To return to the Precor banner, press RESET.

STORING THE POLAR® CHEST STRAP

Store the chest strap transmitter in a place where dust and dirt cannot accumulate on it such as, a closet or drawer. Be sure to keep the chest strap protected from extremes in temperature. Do not store it in an area that may be exposed to temperatures below 32 degrees Fahrenheit.

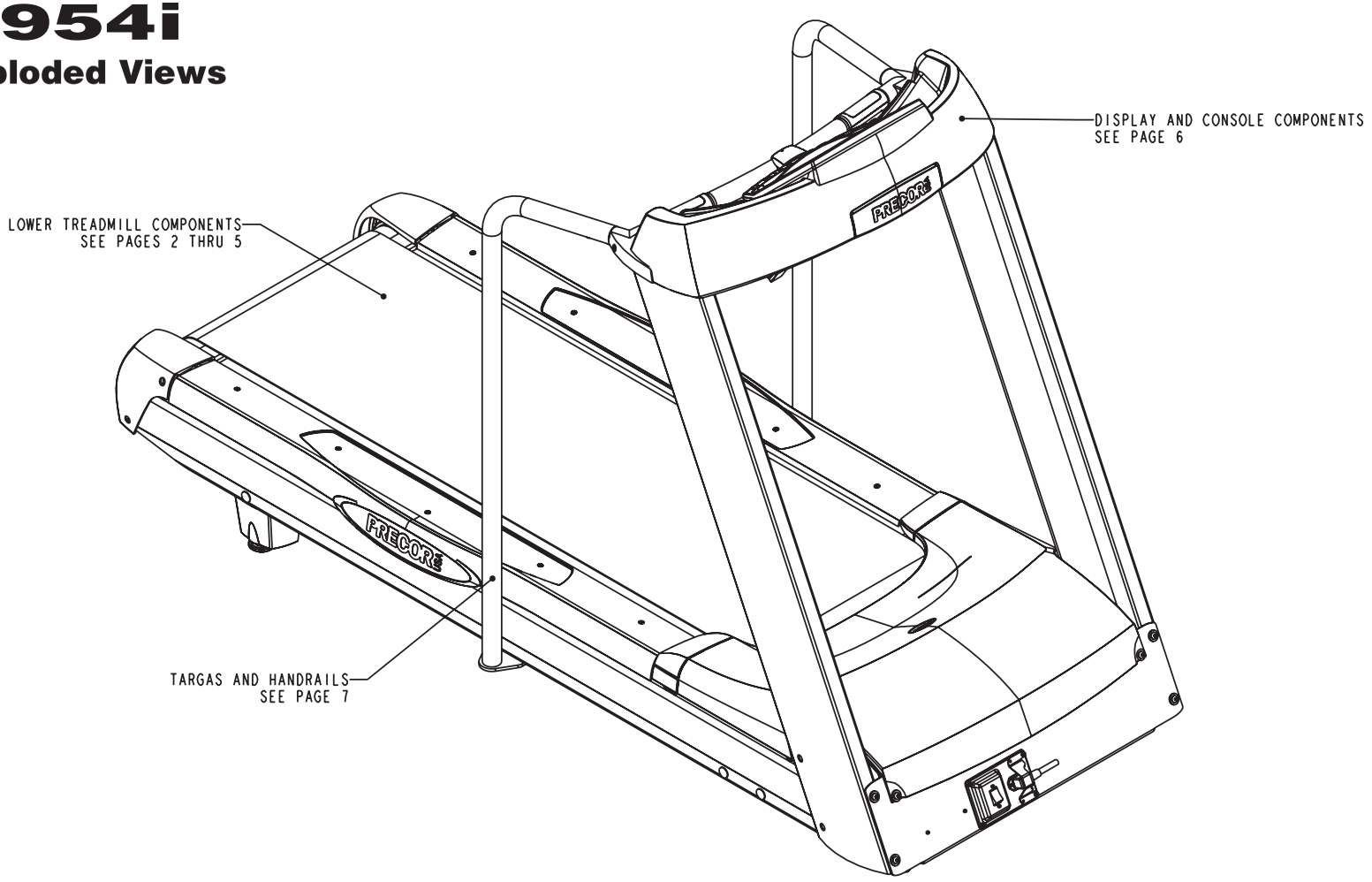
SERVICING THE TREADMILL

Do not attempt to service the treadmill yourself except for the maintenance tasks described in this manual. The unit does not contain any user-serviceable parts that require lubrication. Refer to *Obtaining Service* on page 7.

LONG TERM STORAGE

When the treadmill is not in use for any length of time, turn it OFF. Ensure that the power cord is unplugged from the wall outlet and is positioned so that it will not become damaged or interfere with other equipment or people.

C956i
C954i
Exploded Views



-101: C954i
-102: C956i

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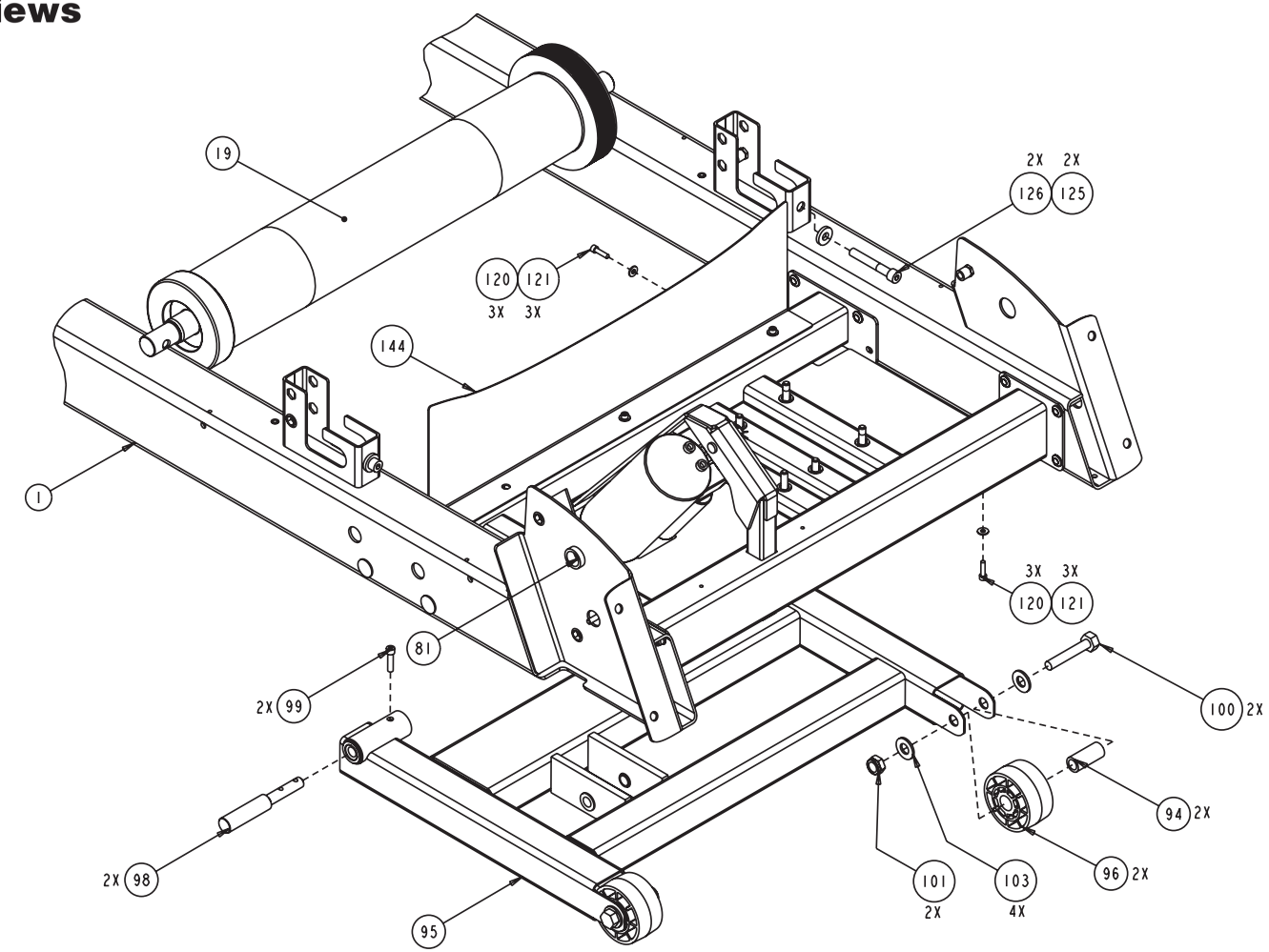
Exploded Views



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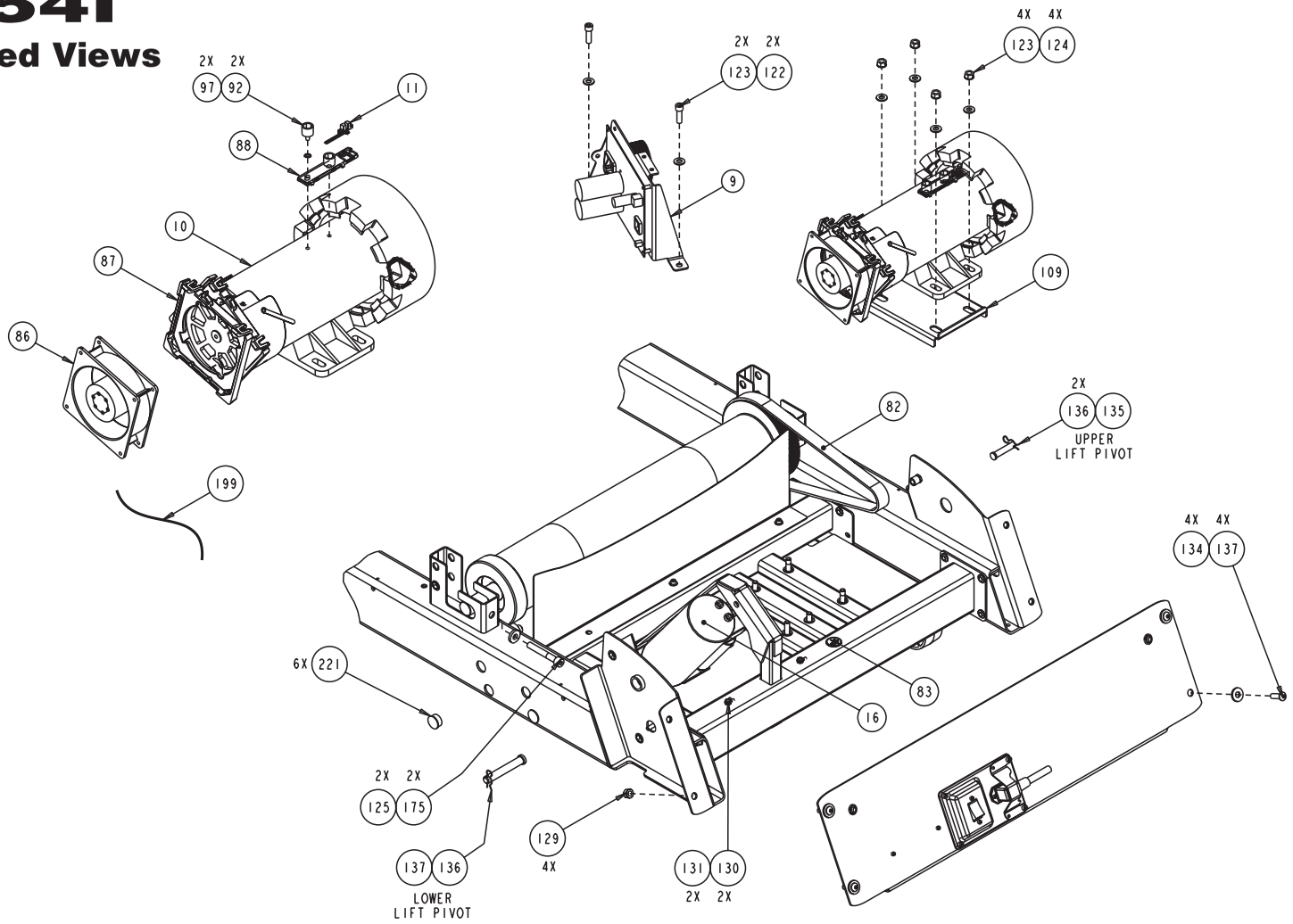

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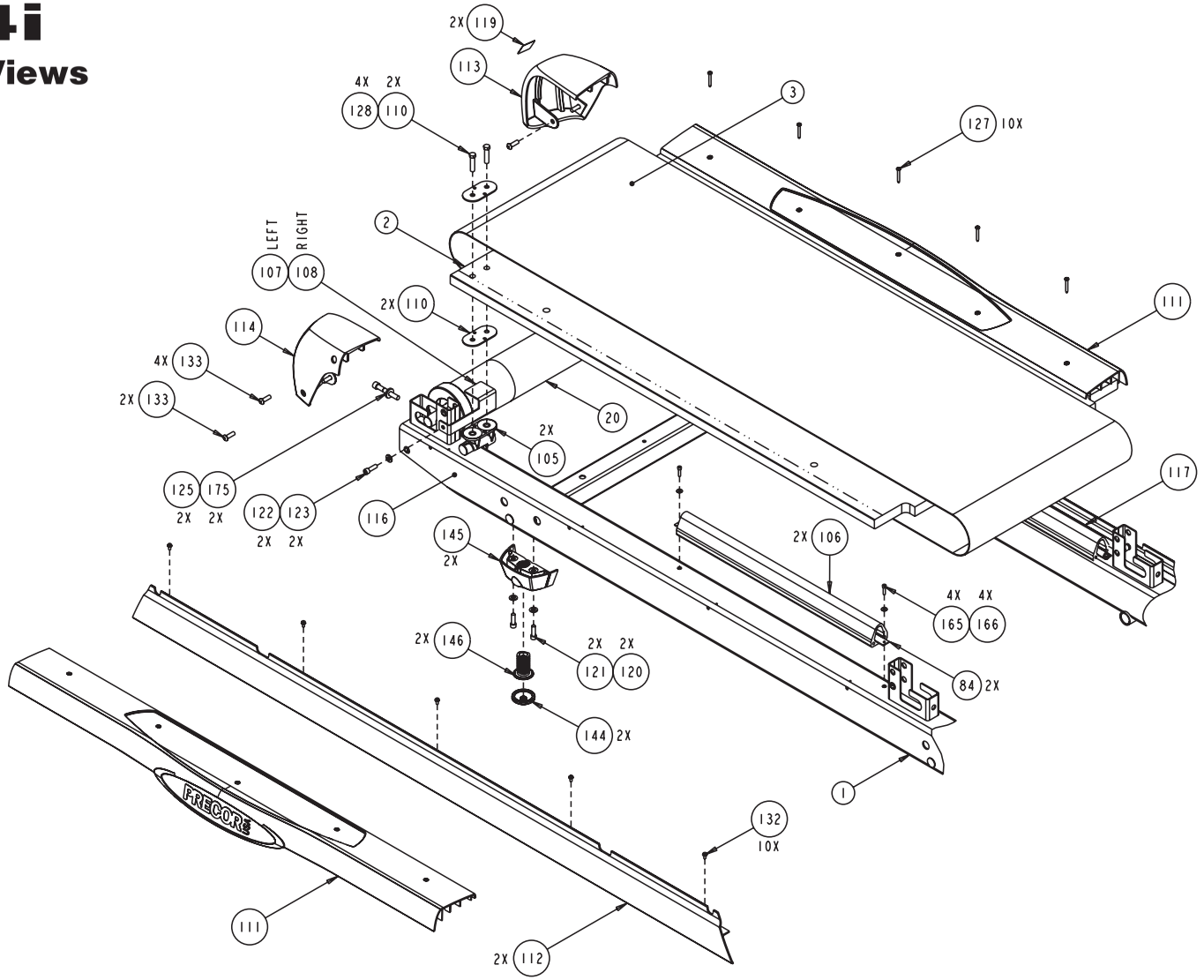

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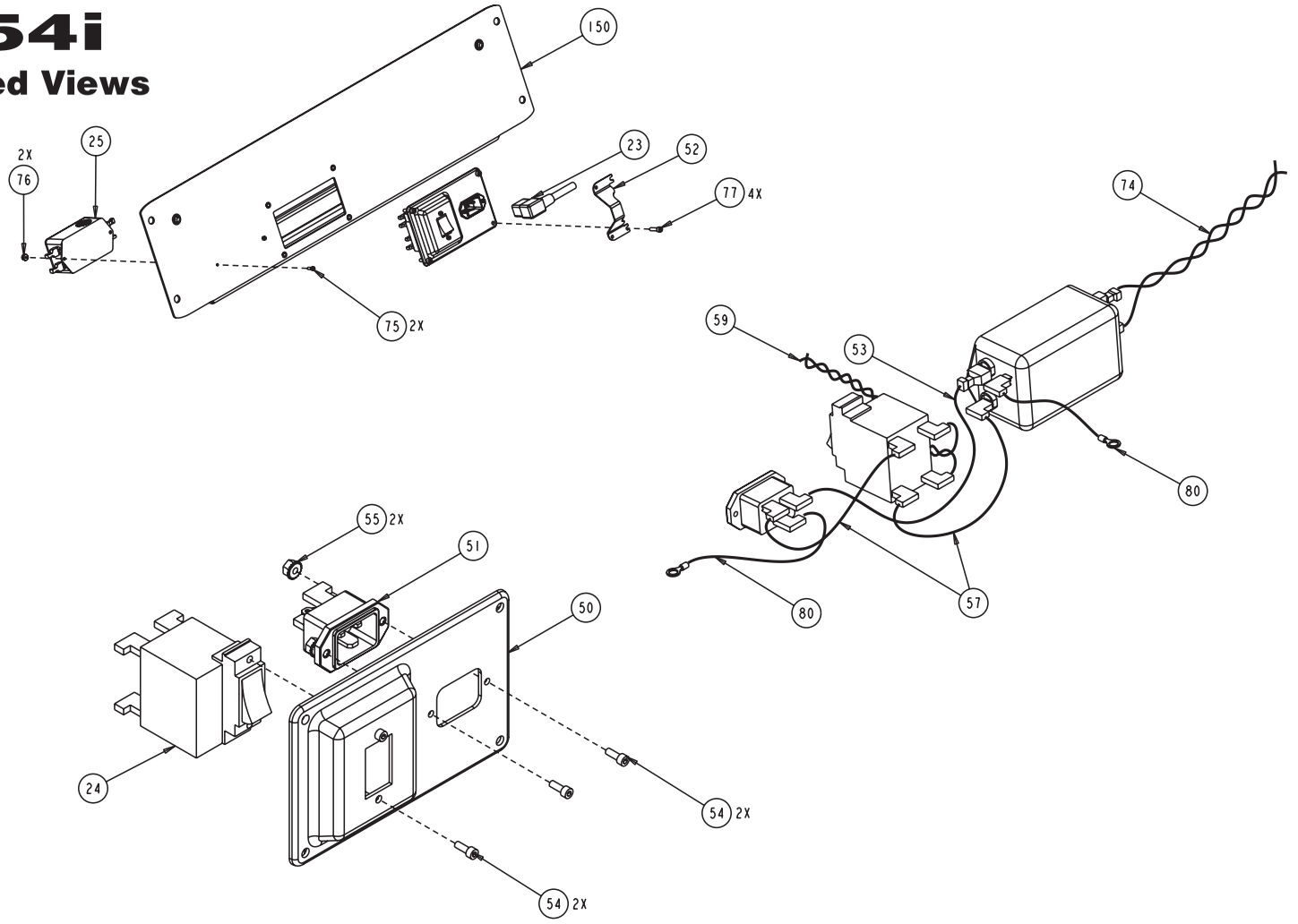

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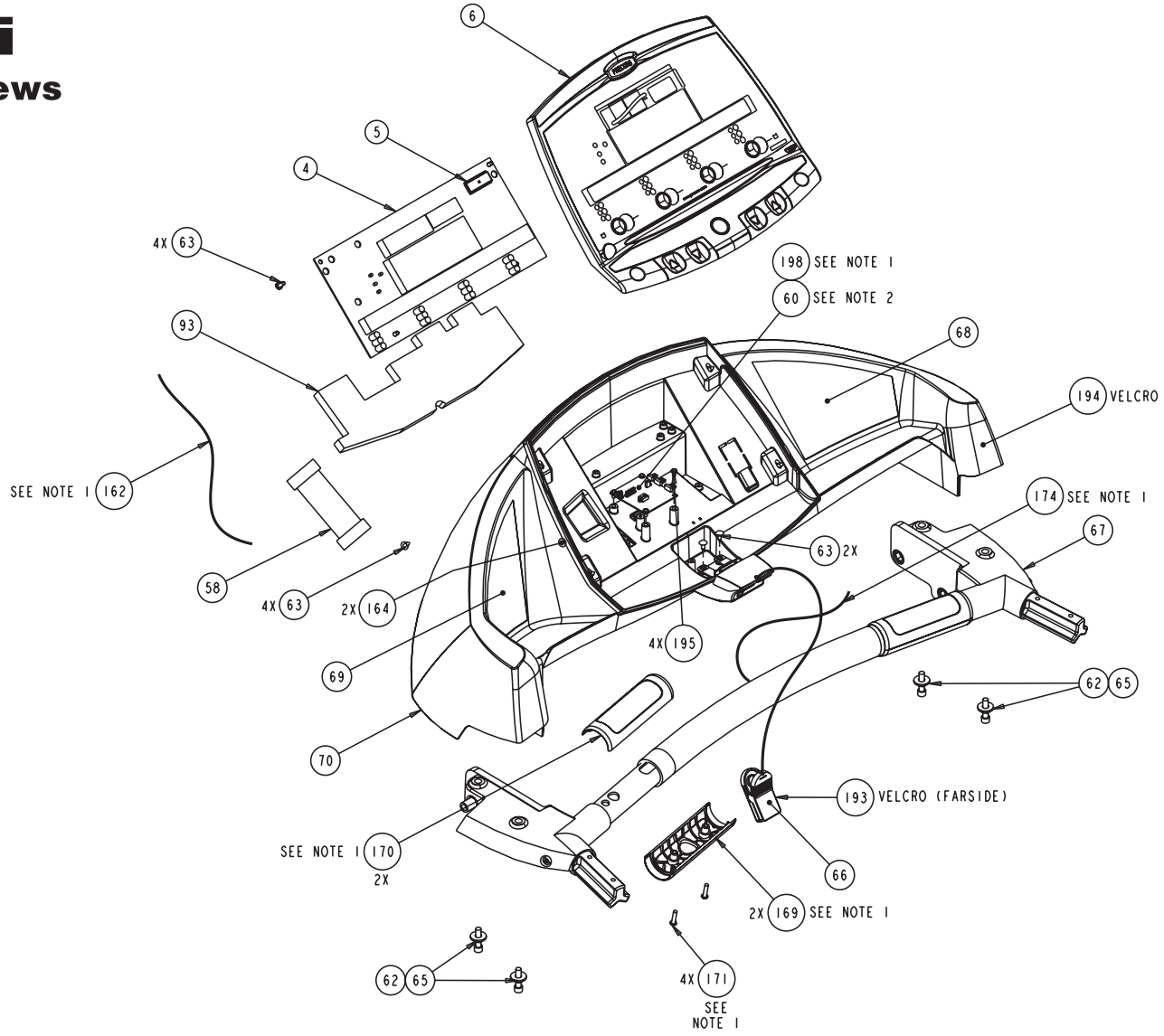

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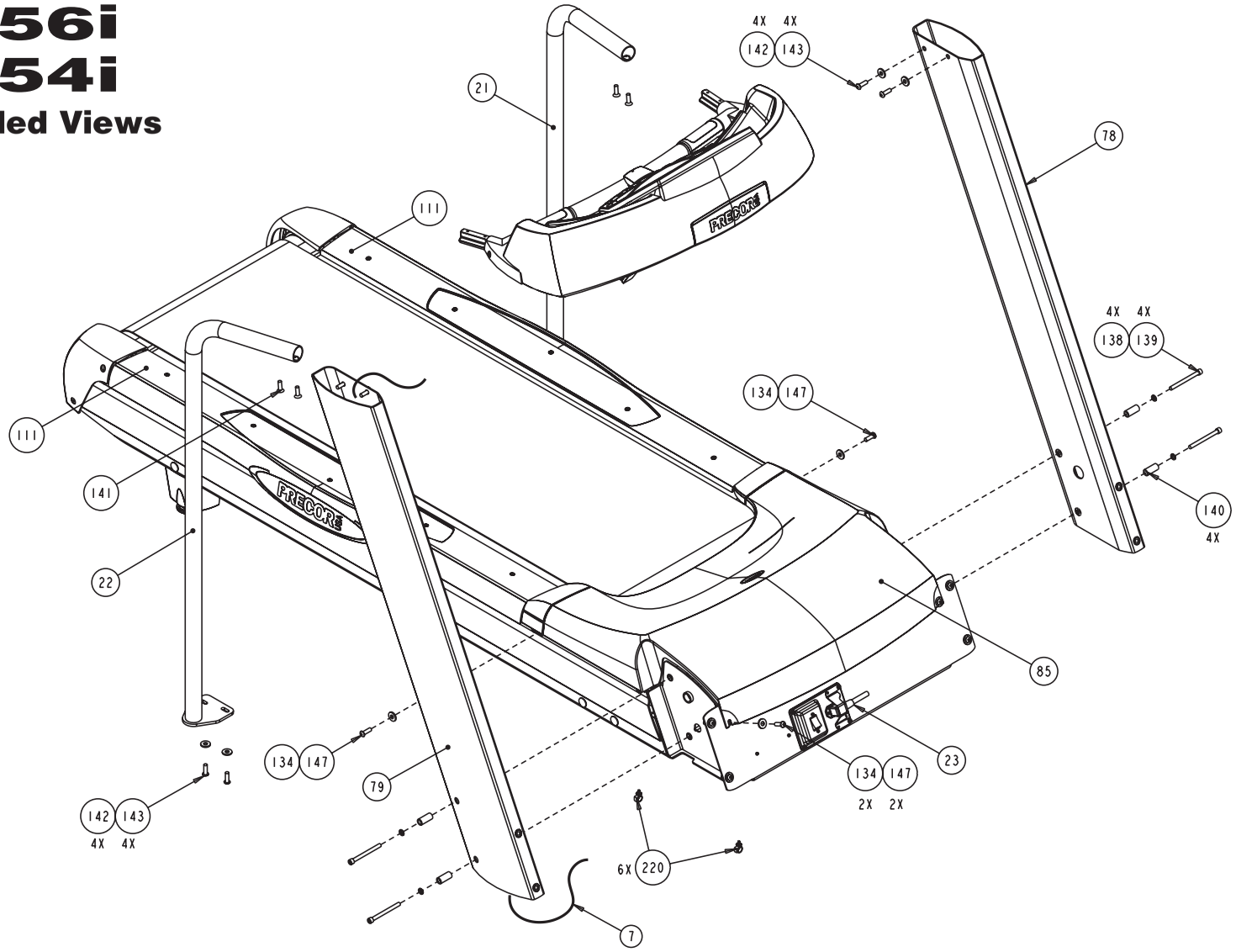

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Thank You and Welcome to Precor

PRECOR® USA
move beyond®

We are confident that you will be pleased with your purchase and that your new Precor equipment will help satisfy your customers' fitness needs, while helping you meet your business goals.

To allow us to serve you better, please take a few moments to complete and return your warranty registration.

YOU MAY ALSO REGISTER ONLINE AT

www.precor.com/warranty

If you have questions or need additional information, contact your local dealer or call Precor Customer Support at 800-347-4404.

Fold along dotted line and tape closed before mailing.

COMM.

PRECOR® USA
Precor Incorporated
20031 142nd Avenue NE
PO Box 7202
Woodinville, WA 98072-4002

PLACE
STAMP
HERE

TELL US ABOUT YOUR NEW PRECOR PRODUCTS

Date of Purchase:

Month Day Year

Product Serial Number(s):

The serial number is located on the shipping box and on the product.

Add additional sheets of paper or register online at www.precor.com/warranty

Purchased from (Dealer name)**:**

Please indicate the type and number of products purchased:

- ❑ #:_____ Elliptical Fitness CrossTrainer (EFX®)
- ❑ #:_____ Treadmill
- ❑ #:_____ Stair Climber
- ❑ #:_____ Cycle
- ❑ #:_____ Strength Station
- ❑ #:_____ StretchTrainer™

TELL US ABOUT YOUR FACILITY

Name of Facility

❑ Mr. ❑ Mrs. ❑ Ms.

Contact Person — First Name Last Name

Facility Address Apt./Suite:

City State Zip Code

Area Code Facility Telephone Number

Your Business Email Address

How many members do you have?

❑ Less than 100 ❑ 100 - 500 ❑ 500 - 1000 ❑ 1000 - 2000 ❑ 2001 +

What percentage of floor space do you allocate for cardio equipment?

❑ 0% to 20% ❑ 20% to 40% ❑ 40% to 60% ❑ 60% to 80% ❑ 80% to 100%

What type of equipment makes up your cardio offering (check all that apply)?

❑ Treadmills ❑ Ellipticals ❑ Cycles ❑ Stair Climbers ❑ Rowing Machines ❑ Other _____

What other brands of cardio equipment do you currently offer (check all that apply):

❑ Life Fitness ❑ True ❑ Cybex ❑ StarTrac ❑ Other _____

What other Precor equipment do you currently offer (check all that apply):

❑ EFX® ❑ Cycle ❑ StretchTrainer™
❑ Treadmill ❑ Stair Climber ❑ Strength Machine ❑ Other _____

TELL US ABOUT YOUR PURCHASE

Which best describes this purchase (check all that apply):

- ❑ First Precor product
- ❑ Replaces same type of product – different brand
- ❑ Replaces a Precor product of the same type
- ❑ Enhancement to equipment already owned

How did you FIRST become aware of this product (choose only one):

- ❑ Authorized Precor dealer
- ❑ Internet
- ❑ Trade/consumer magazine article
- ❑ Precor sales representative
- ❑ News report or product review
- ❑ Other _____
- ❑ Trade show/conference
- ❑ Club/fitness magazine advertisement

What factors MOST influenced your decision to purchase this product (choose up to three):

- ❑ Precor reputation
- ❑ Special product features
- ❑ Prior product experience
- ❑ Warranty
- ❑ Design/appearance
- ❑ Service
- ❑ Value for the price
- ❑ Rebate or sale price

P/N 45622-101 Effective 30 June 2002

Please detach and mail in the warranty registration within ten days of purchase.

Commercial Equipment Limited Warranty

PLEASE READ THESE WARRANTY TERMS AND CONDITIONS CAREFULLY BEFORE USING YOUR PRECOR INCORPORATED PRODUCT. BY USING THE EQUIPMENT, YOU ARE CONSENTING TO BE BOUND BY THE FOLLOWING WARRANTY TERMS AND CONDITIONS.

Limited Warranty.

Precor Incorporated warrants all new Precor products to be free from defects in materials and manufacture for the warranty periods set forth below. The warranty periods commence on the invoice date of the original purchase. This warranty applies only against defects discovered within the warranty period and extends only to the original purchaser of the product. Parts repaired or replaced under the terms of this warranty will be warranted for the remainder of the original warranty period only. To claim under this warranty, the buyer must notify Precor or your authorized Precor dealer within 30 days after the date of discovery of any nonconformity and make the affected product available for inspection by Precor or its service representative. Precor's obligations under this warranty are limited as set forth below.

Warranty Periods and Coverage.

Commercial Products, also known as C-Series Products, (excluding StretchTrainer, Strength Products).

- Seven years frame, five years touch sensor display housing, two years parts, one year labor.
- For treadmills, five years motor fan, three years drive motor.
- For self-powered ellipticals and bikes, one year battery.
- Labor coverage for options as defined below.

StretchTrainer

Five years frame, two years parts, 90 days upholstery, no labor.

Strength Products (Catalina 3.45 and Malibu 3.25 only)

Ten years frame; three years bearings, guide rods, cams, pulleys; one year belts, cables, hand grips, miscellaneous parts; 90 days upholstery; no labor.

Options / Accessories / Battery-powered or Self-Operated Devices

Many options or accessories have components that are connected internally or mounted inside the electronic console. The following guidelines determine the warranty for these components. If the internal components are installed by the factory or by an authorized dealer as part of the original sale and delivery, they have a warranty that is identical to the warranty of the equipment in which they are connected or mounted. If the internal components are not installed by the factory or by an authorized dealer as part of the original sale and delivery, they have a 90 days parts and labor limited warranty. All components that are not internally connected have a
90 days parts only limited warranty. Satisfactory proof of purchase is required in all cases.

Conditions and Restrictions.

This warranty is valid only in accordance with the conditions set forth below:

1. The warranty applies to the Precor product only while
   a. it remains in the possession of the original purchaser and proof of purchase is demonstrated,
   b. it has not been subjected to accident, misuse, abuse, improper service, or non-Precor modification.
   c. claims are made within the warranty period.
2. Certain products are warranted for light commercial use only (defined as use in non-fee paying clubs or facilities and less than 4 hours daily use. Unapproved use voids the warranty. Current light commercial products include C934, C932, EFX524, EFX534.).
3. This warranty does not cover damage or equipment failure caused by electrical wiring not in compliance with electrical codes or Precor owner's manual specifications, or failure to provide reasonable and necessary maintenance as outlined in the owner's manual.
4. Except in Canada, Precor does not pay labor outside the United States.
5. Warranties outside the United States and Canada may vary. Please contact your local Dealer for details.

This Limited Warranty shall not apply to:

1. Software (PROM) version upgrades.
2. Normal wear and tear, consumables and cosmetic items, including, but not limited to the following: grips, seats, and labels.
3. Repairs performed on Precor equipment missing a serial number or with a serial tag that has been altered or defaced.
4. Service calls to correct installation of the equipment or instruct owners on how to use the equipment.
5. Pickup and delivery involved with repairs.
6. Any labor costs incurred beyond the applicable labor warranty period.

Complete this portion and keep for your records.

Purchased From: _____ Example: Dealer or store name.

Phone Number: _____ Example: Dealer or store telephone number.

Product/model: _____ Example: EFX534 or 966i

Serial number: _____

The serial number is found on the shipping container.

Disclaimer and Release.

The warranties provided herein are the exclusive warranties given by Precor and supersede any prior, contrary or additional representations, whether oral or written. ANY IMPLIED WARRANTIES, INCLUDING THE WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE THAT APPLY TO ANY PARTS DESCRIBED ABOVE ARE LIMITED IN DURATION TO THE PERIODS OF EXPRESS WARRANTIES GIVEN ABOVE FOR THOSE SAME PARTS. PRECOR HEREBY DISCLAIMS AND EXCLUDES THOSE WARRANTIES THEREAFTER. Some States do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you. PRECOR ALSO HEREBY DISCLAIMS AND EXCLUDES ALL OTHER OBLIGATIONS OR LIABILITIES, EXPRESS OR IMPLIED, ARISING BY LAW OR OTHERWISE, WITH RESPECT TO ANY NONCONFORMANCE OR DEFECT IN ANY PRODUCT, INCLUDING BUT NOT LIMITED TO:
(A) ANY OBLIGATION, LIABILITY, RIGHT, CLAIM OR REMEDY IN TORT, WHETHER OR NOT ARISING FROM THE NEGLIGENCE OF PRECOR OR ITS SUPPLIERS (WHETHER ACTIVE, PASSIVE OR IMPUTED); AND
(B) ANY OBLIGATION, LIABILITY, RIGHT, CLAIM OR REMEDY FOR LOSS OF OR DAMAGE TO ANY EQUIPMENT. This disclaimer and release shall apply even if the express warranty set forth above fails of its essential purpose.

Exclusive Remedies.

For any product described above that fails to conform to its warranty, Precor will provide, at their option, one of the following: (1) repair; (2) replacement; or (3) refund of the purchase price. Precor Limited Warranty service may be obtained by contacting the authorized dealer from whom you purchased the item. Precor compensates Servicers for warranty trips within their normal service area to repair commercial equipment at the customer's location. You may be charged a trip charge outside the service area. THESE SHALL BE THE SOLE AND EXCLUSIVE REMEDIES OF THE BUYER FOR ANY BREACH OF WARRANTY.

EXCLUSION OF CONSEQUENTIAL AND INCIDENTAL DAMAGES.

PRECOR AND/OR ITS SUPPLIERS SHALL HAVE NO OBLIGATION OR LIABILITY, WHETHER ARISING IN CONTRACT (INCLUDING WARRANTY), TORT (INCLUDING ACTIVE, PASSIVE, OR IMPUTED NEGLIGENCE AND STRICT LIABILITY), OR OTHERWISE, FOR DAMAGE TO THE EQUIPMENT, PROPERTY DAMAGE, LOSS OF USE, REVENUE OR PROFIT, COST OF CAPITAL, COST OF SUBSTITUTE EQUIPMENT, ADDITIONAL COSTS INCURRED BY BUYER (BY WAY OF CORRECTION OR OTHERWISE) OR ANY OTHER INCIDENTAL, SPECIAL, INDIRECT, OR CONSEQUENTIAL DAMAGES, WHETHER RESULTING FROM NONDELIVERY OR FROM THE USE, MISUSE OR INABILITY TO USE THE PRODUCT. This exclusion applies even if the above warranty fails of its essential purposes and regardless of whether such damages are sought for breach of warranty, breach of contract, negligence, or strict liability in tort or under any other legal theory. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation may not apply to you.

Effective 1 December, 2002
P/N 36286-108

C956i and C954i Commercial Treadmills featuring Heart Rate and SmartRate® Systems

Product Specifications

Length:	86 inches (218 cm)
Width:	37 inches (93 cm) w/handrails
Height:	55 inches (140 cm)
Weight:	365 lbs (166 kg)
Shipping weight:	460 lbs (209 kg)
Running surface:	60 inches by 20 inches (153 cm by 51 cm)
Motor:	3.2 hp continuous duty
Power:	120/240 VAC 50/60Hz
SPEED:	0.5 to 12 mph (1 to 20 kph)
INCLINE:	0 to 15% grade
Frame:	Powder-coated steel
Regulatory Approvals:	FCC, ETL, CE

C954i Features:

- CSAFE
- Heart Rate Telemetry
- QuickStart™
- Reversible Deck
- SmartRate®
- Touch-Sensitive Display

C956i Features:

- CSAFE
- Heart Rate Telemetry
- QuickStart™
- Reversible Deck
- SmartRate®
- Touch Heart Rate
- Touch-Sensitive Display

Electronic Specifications

C954i Program: 4

- Manual
- Random
- Cross Country
- Fitness Test

C954i Display Readouts:

- Calories
- Calories Per Minute
- Distance
- Heart Rate*
- INCLINE
- Mets
- Pace
- SmartRate®*
- SPEED
- Time

C956i Display Readouts:

- Calories
- Calories Per Minute
- Distance
- Heart Rate*
- INCLINE
- Mets
- Pace
- Profile
- Segment Time
- SmartRate®*
- SPEED
- Time

C956i Programs: 21

- 2 Custom (Fitness Test)
- 2 Goal
- Heart Rate*
- 3 Interval
- Manual
- 9 Pre-programmed
- Random
- Track
- Weight Loss

* Requires that the POLAR® chest strap be worn by the user. Or, on the C956i, that Precor Heart Rate "touch" option be installed. The "touch" option provides contact-sensitive electrode grips on the treadmill's handrail. The "touch" option cannot be retrofitted and must be ordered at the point of purchase.

PRECOR® USA

Precor Incorporated
20031 142nd Avenue NE
P.O. Box 7202
Woodinville, WA USA 98072-4002

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C956i/C954i Lit Kit# 47039-101
OM # 47030-101
Online OM # 47030-401
Registration Card # 45622-101
Warranty Card # 36286-108
C956i Exploded Views 47421-102
12 March 2004

NOTICE:
Precor is widely recognized for its innovative, award winning designs of exercise equipment. Precor aggressively seeks U.S. and foreign patents for both the mechanical construction and the visual aspects of its product design. Any party contemplating the use of Precor's product designs is hereby forewarned that Precor considers the unauthorized appropriation of its proprietary rights to be a very serious matter. Precor will vigorously pursue all unauthorized appropriation of its proprietary rights.